

Quick Guide To



Swim Lessons



Guppy Group: Non-Swimmer

This 30 min. class is for children 2- 4 years of age beginning lessons. We will utilize fun songs and games to acclimate your little one to the aquatic world. Your little swimmer will learn to float, submerge their head and begin learning basic kicking skills. Children who are not toilet trained must wear a tight fitting reusable swim pant (max 5).

Helpful tip: Childs first time?



Octopus Group: Beginning Kicking

Children at a young age begin their kick vertically in the water. Our goal is to bring their kick to the surface. 3-6 year olds will practice the skills of the Guppies while learning fundamentals of freestyle kicking and backstroke kicking. They will work their way to streamline kicking with their face submerged for 3-7 seconds getting them ready for the Turtles (max 7).

Helpful tip: Is your little one wanting to swim on their own but can't stay afloat?



Turtle Group: Beginning Swimmer

Once your child has a parallel kick on their tummy and back, float independently, submerge independently, and are able to streamline kick for 5 seconds, they will practice freestyle using a pop-up style approach and begin backstroke (max 7).

Helpful tip: Can your child swim independently & parallel kick with their face in the water?



Dolphin Group: Intermediate Swimmer

This group lesson is for children who have developed the skills of the pop-up style breathing. They should be able to float on their front & back, parallel kick and hold their breath for 10-15 seconds. Each student will begin more detail instruction with a focus of side breathing (max 5).

Helpful tip: Can your child swim freestyle but is not sure how to breathe on the side?



St. Bernards Shark Group: Swim Team Preparation

Practice, practice, practice. This group is for children (7-12 yrs. old) who have successfully passed the fundamental skills of freestyle stroke and backstroke and can swim the length of the pool (25 meters) unassisted. During this one hour class, your child will continue to practice freestyle, backstroke and be introduced to breaststroke and butterfly. They will learn various swim drills, swim team terminology and work on technique while building their stamina for swim competitions (max 7).

Helpful tip: Can your child swim freestyle & backstroke? Interested in being on a swim team?