



Parks and Recreation Department

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# Swim Lessons

## Group Swimming Lessons

We offer group swimming lessons that are level based. We have five levels of swim lessons. The following is a classification of the levels:

- Level 1—Water Exploration—Beginner swim lesson which will focus on comfort of the water through submersion and floating. Learn to kick on front and back and introducing alternating arms for front crawl.
- Level 2—Primary Skills—Will focus on submerging the head under water, learning rhythmic breathing, flutter kick, and working on front and back crawl. Deep water is introduced and basic diving principles are taught. Level 1 is recommended to be completed before Level 2.
- Level 3—Stroke Development—Front crawl and backstroke are tuned, elementary backstroke and breaststroke are introduced. Endurance is built through longer distance of swimming. Treading deep water is introduced and diving is tuned. Level 2 is recommended to be completed before Level 3.

- Level 4—Advanced Swimming—Lap swimming strokes already learned and introduction of butterfly. Diving from dive blocks for competitive starts. Level 3 recommended to be completed before beginning Level 4.
- Mom & Tots—This class is for children age six months to 2 years old. Each child taking the class must be accompanied by an adult that the child is comfortable with and the adult comfortable with the child. The purpose of the program is to educate the adult and child on water safety and becoming familiar with being in the pool. The instructor will primarily be giving advice and starting games for the adults to play with the children. We hope the child will learn to blow bubbles in the water, a modified kick, float on their back, and hold on to the side of the pool.

### **Private Swim Lessons**

We offer private swim lessons for ages three and up. These lessons are for any level. The duration of lessons is for 30 minutes and they are scheduled around your schedule. After the first lesson you and the instructor can set up more lessons based on the instructors' schedule.

### **American Red Cross Certification**

We offer recertification courses for current American Red Cross card holders.

### **American Red Cross Courses**

We offer American Red Cross courses for CPR/AED, Lifeguarding and First Aid.