

Youth Swimming Classes

Classes for Young Children, Age 6 Months - 7 Years

Parent/Child Swim Lessons 1

Parent/Child 1 is a water adjustment class for the youngest group of swimmers, ages 6 months -2 years. Parents will work with their children in the water while an instructor takes the class through a variety of basic swimming skills including kicking, blowing bubbles, floating, and going underwater.

Parent/Child Swim Lessons 2

Parent/Child 2 is for children ages 3 & 4 years old. Parents will work with the children in the water while an instructor leads them. The goal is to develop skills to make them more independent swimmers. We welcome both fearful and experienced children.

Parent/Child Swim Lessons 3

Parent/Child 3 is for children ages 5 - 7 years old that are not ready to swim without in-water assistance. Skill levels of the children may have a wide range. Breathing techniques that require the face to be in the water as well as independent floating, kicking and arm movement will be the goal of this class.

Additional Information for Parent/Child Swim Lessons

Children in diapers must wear a cloth or swim diaper. Tight-fitting plastic pants are required over the cloth or disposable swim diapers. Reusable swim diapers are allowed without additional protection. It is suggested that parents provide a mid-morning snack and save lunch for after class.

The parent/adult is in the water with the child with one adult to one child ratio. The locker room will be available 5-minutes before this class starts and 15-minutes after. It is advised that participants wear their bathing suits underneath their clothes. This will allow for quicker changing. Only a brief rinse-off will be allowed in the showers after class. A soaking shower will be required before entering the pool.

Children age five and over must use the appropriate gender locker room.

Classes for Children, Age 5 - 15 Years

American Red Cross Learn-to-Swim Classes: Combined Levels 3 and 4

This is a combination of the Level 3 and Level 4 American Red Cross Learn-to-Swim classes. Front crawl, back crawl, breaststroke, and elementary backstroke will be the main focus. Instructors will teach from the deck while entering the water for demonstration only.

American Red Cross Learn-to-Swim Classes: Combined Levels 5 and 6

This is a combination of the Level 5 and Level 6 American Red Cross Learn-to-Swim classes. Students will build their endurance while also improving their technique. This class is great as an introduction to competitive swimming.

Additional Information for American Red Cross Learn-to-Swim Lessons

The locker room will be available 5-minutes before this class starts and 10-minutes after. It is advised that participants wear their bathing suits underneath their clothes. This will allow for quicker changing. Only a brief rinse-off will be allowed in the showers after class. A soaking shower will be required before entering the pool. Only one adult will be allowed with the child in the locker room for assistance. Children age five and over must use the appropriate gender locker room.