

ADULT SWIM PROGRAM

Class Name	Class Ages	Class Description	Semester Price	Class Length	Class Capacity	Dates and Times
Teen Swim	18+	<ul style="list-style-type: none"> Develop confidence and comfort in the water by practicing basic floating, breathing, and safe entry/exit techniques. Learn and refine fundamental swim strokes, including freestyle and backstroke; with proper body position and coordination. Improve overall strength and endurance by completing structured swim drills and short-distance laps. 	\$126 Members \$216 NonMembers	45 Minutes	8	Thursday's 4/16/26 - 6/11/26 7pm-7:45pm Lanes 6
Adult Intermediate Swim	18+	<ul style="list-style-type: none"> Work on Rotary breathing and open turns Improve conditioning with 25 yard back and front crawl Learn to tread water and master feet first surface diving Introduction to the dolphin kick, breaststroke kick, breast stroke with arms, and butterfly. 	\$126 Members \$216 NonMembers	45 Minutes	18	Tuesday's 4/14/26- 6/9/26 7pm-7:45pm Lanes 1-3
Adult Advanced	18+	<ul style="list-style-type: none"> Technique Refinement: Enhance the efficiency and mechanics of freestyle and backstroke. Focus on developing proper breaststroke form, emphasis on timing and coordination. Working on components of the butterfly stroke, with emphasis on body movement and rhythm. Master rhythmic, bilateral breathing for freestyle. Practice flip turns and open turns with consistency for both freestyle and backstroke. Introduce turns for breaststroke, with a focus on smooth transitions. Complete extended swim sets (e.g., 100-200-yard repeats) focusing on maintaining stroke form and breathing technique. With intention to improve cardiovascular fitness and endurance. Learn to incorporate elements of the individual medley (IM), building endurance and versatility. Practice safe diving techniques from the pool edge or starting blocks. With a focus on streamline entry. Swim sets that mix different strokes to prepare for eventual inclusion in Master's workouts. 	\$126 Members \$216 NonMembers	45 Minutes	18	Thursday's 4/16/26- 6/11/26 7pm-7:45pm Lanes 4-5
Adult Beginner	18+	<ul style="list-style-type: none"> Introduction to Water Safety: Basic water safety rules, understanding pool environments, and basic self-rescue techniques Water Comfort and Buoyancy: Developing comfort in the water, blowing bubbles, submerging face, floating with support, and basic kicking Introduction to Swimming: Basic arm movements, introduction to freestyle/front crawl and introduction to backstroke 	\$126 Members \$216 NonMembers	45 Minutes	18	Thursday's 4/16/26 - 6/11/26 7pm-7:45pm Lanes 1-3