

CHILDREN SWIM PROGRAM

Class Name	Class Ages	Class Description	Semester Price	Class Length	Class Capacity	Dates and Times
Baby & Me Swim	6-23 months	<ul style="list-style-type: none"> Adjusting to the water environment Showing comfort while maintaining a front or back position on in the water Demonstrate breath control including blowing bubbles or voluntarily submerging under water 	\$126 Members \$216 NonMembers	30 Minutes	12	Sunday's 4/12/26-6/7/26 9:15am-9:45am Lanes 1-3
Toddler Swim	2-3 years	<ul style="list-style-type: none"> Adjusting to the water environment Showing comfort while maintaining a front or back position on in the water Demonstrate breath control including blowing bubbles or voluntarily submerging under water 	\$126 Members \$216 NonMembers	30 Minutes	12	Sunday's 4/12/26-6/7/26 10am-10:30a Lanes 1-3
Pre-K Swim	4-5 years	<ul style="list-style-type: none"> Water Comfort and Buoyancy: Developing comfort in the water, blowing bubbles, submerging face, floating with support, and basic kicking Water Safety Awareness: Introduction to basic water safety rules, recognizing lifeguards, and understanding pool environments Water Movement and Exploration: Basic arm movements, introduction to freestyle/front crawl, and introduction to backstroke Stroke Development: Refining freestyle/front crawl and backstroke techniques Introduction to Treading Water: Basic treading water techniques, including staying afloat and basic scissor kick Water Safety Skills: Basic self-rescue techniques, recognizing and responding to water emergencies 	\$126 Members \$216 NonMembers	30 Minutes	18	Sunday's 4/12/26-6/7/26 9:15am-9:45a Lanes 4-6
Beginner Swim	6-10 years	<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	30 Minutes	18	Sunday's 4/12/26-6/7/26 10am- 10:45am Lanes 4-6
Intermediate Swim	6-10 years	<ul style="list-style-type: none"> Stroke development: Refining freestyle/front crawl and backstroke techniques Introduction to Breaststroke: Basic breaststroke leg kick and arm movements Introduction to Treading Water: Basic treading water techniques, including staying afloat and basic scissor kick. 	\$126 Members \$216 NonMembers	30 Minutes	18	Sunday's 4/12/26-6/7/26 10:45am-11:15am Lanes 1-3
Advanced Swim	6-13 years	<ul style="list-style-type: none"> Stroke Refinement: Improving freestyle/front crawl, backstroke, and breaststroke techniques Introduction to Butterfly: Basic butterfly arm movements and leg kick Introduction to Turns: Introduction to flip turns and open turns 	\$126 Members \$216 NonMembers	30 Minutes	18	Sunday's 4/12/26-6/7/26 10:45am- 11:15am Lanes 4-6