SWIM LESSONS
Start Any Time!

Certified and experienced Water Safety Instructors teach the American Red Cross Learn to Swim Program for ages 6 months through adults. Group lessons offer one lesson per week with a small student to teacher ratio.

Cost: $50/month Member, $75/month Non-Member
**CLASS DESCRIPTIONS**

**Infant/Parent/Child COMBO**  
(6 – 36 months | Warm Water Pool)  
Parents learn how to teach their child to swim with a focus on the basics of water comfort, submersion and safety. An adult caregiver is required to be in the water with each child.

**Preschool Level 0.5**  
(30 months - 4 years | Warm Water Pool)  
Parent/Child graduates, “Pre-Preschool”

**Preschool Level 1:**  
**Let’s Explore the Pool!**  
(3 – 5 years | Warm Water Pool)  
Preschoolers learn water comfort and safety along with basic swim skills.

**Preschool Level 2:**  
**Look at Me!**  
(3 – 5 years | Warm Water Pool)  
Preschoolers continue to get comfortable in the water while working on floating, locomotion, submersion and self-help safety skills.

**Preschool Level 3:**  
**I Can Do It!**  
(3 – 5 years | Warm Water Pool)  
Preschoolers begin to learn independent swimming skills while continuing to focus on water comfort and safety.

**Learn to Swim Level 1:**  
**Water Exploration**  
(5 – 6 years | Warm Water Pool)  
Children learn floating, locomotion, submerging and self-help safety skills.

**Learn to Swim Level 2:**  
**Primary Skills**  
(5 – 7 years | Warm Water Pool)  
Children learn to float without assistance and are introduced to the front and back crawl.

**Learn to Swim Level 3:**  
**Stroke Readiness**  
(5 – 8 years | Warm Water Pool)  
Children learn front and back crawl, elementary backstroke and treading water.

**Learn to Swim Level 4:**  
**Stroke Development**  
(5 – 10 years | Lap Pool)  
Children learn breaststroke, sidestroke and turns while improving technique and endurance.

**Adult**  
(13+ years | Warm Water Pool)  
USA Swimming Adult Certified Instructors.

Adults learn basic swimming strokes along with proper breathing skills, leg kicks and how to put everything together.