

What Your Child Will Learn

After reviewing your Registration Information your child will be placed with a group at the appropriate level (see below). Prior to the class, we will contact you with the exact time for your lesson.

Minnows (ages 3-5)



While your child is a minnow they will learn a number of important safety skills, including floating and treading water. They will also develop a comfort not only being in and around the water, but being under the water. Skills are taught with creative games that make learning fun for your child.

Fish (ages 6 & up):



At the Fish level, your child will be trained in the basic safety skills and begin to learn the stroke techniques for both freestyle and backstroke. Learning is always done in a fun environment making kids want to come back for more.

Sharks (graduated fish):



When your child becomes a shark they will begin to develop competitive level skills such as starts turns, and the 4 official strokes (butterfly, backstroke, breaststroke, and freestyle). Learning drills to improve stroke technique and basic competition knowledge will give them an advantage if they choose to continue with competitive swimming.

Parent & Tot (Ages 6 months- 3 years):



In the parent and tot class your child will learn basic water skills through games and songs. In this class a parent or guardian accompanies the child to help develop these skills.

Feel free to contact us with any other questions you have regarding the breakdown of our classes!