

group swim lesson

class descriptions

WATER BABIES

Age: 6 months – 3 years

This playful introduction to the water is designed for babies and parents to become more comfortable in the water. Through games and songs, swimmers focus on motor skills, water awareness, and water safety. Using a gentle, loving, child-centered approach, we partner with parents to create a successful water experience.

Prerequisite: None
Class Limit: 5:1

WATER WIGGLERS

Age: 2 – 3 years

This transition level is for swimmers ages 2–3 years old, as they learn to work independently from their parents. While working with children on putting their faces in the water, floating comfortably, and swimming independently, we develop water safety skills for these new and beginning swimmers.

Prerequisite: None
Class Limit: 3:1

FROGS

Age: 3 – 5 years

Crafted for the nervous or beginning swimmer, this class will focus on increasing comfort in the water. Swimmers will learn to float on their back, jump in the water, and make forward progress on both their front and back.

Prerequisite: None
Class Limit: 4:1

GOBIES

Age: 3 – 5 years

Designed for the swimmer who demonstrates comfort in the water and is able to swim short distances independently, this class will teach the basics of freestyle and backstroke.

Prerequisite: Graduate of Frogs
Class Limit: 4:1

TIGER BARBS

Age: 3 – 5 years

Swimmers will refine their strength and technique in freestyle and backstroke in this class. An introduction to side breathing, breaststroke and butterfly kick will be taught to swimmers.

Prerequisite: Graduate of Gobies
Class Limit: 4:1

PUFFERS

Age: 6 – 12 years

Crafted for the nervous or beginning swimmer, this class will focus on increasing comfort in the water. Swimmers will learn to float on their back, jump in the water, and make forward progress on both their front and back.

Prerequisite: None
Class Limit: 4:1

STINGRAYS

Age: 6 – 12 years

Designed for the swimmer who demonstrates comfort in the water and is able to swim short distances independently, this class will teach the basics of freestyle and backstroke.

Prerequisite: Graduate of Puffers or Frogs
Class Limit: 4:1

SEALS

Age: 6 – 12 years

Swimmers will refine their strength and technique in freestyle and backstroke in this class. An introduction to side breathing, breaststroke and butterfly kick will be taught to swimmers.

Prerequisite: Graduate of Stingrays or Gobies
Class Limit: 4:1

DOLPHINS

Age: 3 – 12 years

Swimmers will advance their endurance and strength in this class, focusing on bilateral breathing, dives, flipturns, and stroke progression. Filled with skill drills, swimmers grow in their understanding of the mechanics of all swim strokes.

Prerequisite: Graduate of Tiger Barbs or Seals
Class Limit: 6:1

