

Swimming Lessons



Preschool Ages

An 8-level program for children 4 months to 6 years of age.

Songs, games and introductory swimming skills will make your child comfortable and happy in the water. Each level is built around an aquatic animal mascot, which makes lessons engaging and fun.

The Instructor uses progressive teaching techniques adapted to each child and provides constant feedback and encouragement.

Parents will participate in the classes with their child for the first two levels, transitioning out during Sea Turtle, but are welcome at any time for all levels.



Starfish 4-12 months
(Parent & Tot) Orientation to the water for babies that can hold their heads up. Babies experience buoyancy, movement, entries, songs and play in the water. Parents learn age specific water safety.



Duck 12-24 months
(Parent & Tot) Toddlers build confidence while enjoying the water through games, songs, and active water play. Parents learn age specific water safety.



Sea Turtle 24-36 months
(Parent & Tot) Swimmers learn through fun, games, songs, how to kick with buoyant objects and how to perform basic glides and kicks.



Sea Otter 3-5 years
(Transitional level) Some skills are assisted. Swimmers learn to open their eyes under water and learn assisted floats and glides through games and songs. They also learn age appropriate water safety skills.



Salamander 3-5 years
Preschoolers further develop basic floats and increase distance on front and back glides. They also learn rollover glides, how to use a PFD and how to jump into chest deep water.



Sunfish 3-5 years
Preschoolers work on strokes and skill progressions. The learning focus is on good judgement around the water, entries and floats in deep water.



Crocodile 3-6 years
Children work on glides with kicking in deep water and learn the dolphin kick. Endurance is built through front and back swims.



Whale 3-6 years
Children will increase their swimming distances and improve skills in front and back swims. Sitting dives are taught and swimmers learn about throwing assists to help others in the water.

Fall

SATURDAY

September 14 - December 7

(No lessons October 12, November 9 and November 23)

Duck • Sea Turtle
9:30-10:00 am

Sea Otter
9:30-10:00 am • 10:00-10:30 am
10:30-11:00 am • 11:00-11:30 am

Salamander
9:30-10:00 am • 10:30-11:00 am
11:00-11:30 am

Sunfish
11:30 am-12:00 pm



MONDAY & WEDNESDAY

*Set 1 • September 4 - October 2

*Set 2 • October 7 - November 6

*Set 3 • November 13 - December 11

Starfish
5:00-5:30 pm

Duck • Sea Turtle
4:30-5:00 pm

Sea Otter
4:00-4:30 pm • 5:00-5:30 pm

Salamander
4:00-4:30 pm • 4:30-5:00 pm
5:00-5:30 pm

Sunfish • Crocodile
5:30-6:00 pm

Children aged 0-6 years must have direct adult supervision before and after lessons. A parent or guardian must also be present and available throughout the duration of the lesson.

Thank-you

TUESDAY & THURSDAY

Set 1 • September 3 - October 3

Set 2 • October 8 - November 7

Set 3 • November 12 - December 12

Starfish • Duck
9:00-9:30 am • 4:30-5:00 pm

Duck • Sea Turtle
10:30-11:00 am • 4:00-4:30 pm

Sea Otter
9:30-10:00 am • 3:30-4:00 pm
4:00-4:30 pm • 4:30-5:00 pm

Salamander
10:00-10:30 am • 4:00-4:30 pm
5:00-5:30 pm

Sunfish
10:30-11:00 am

Crocodile
10:30-11:00 am • 5:30-6:00 pm

Whale
5:30-6:00 pm

FULL CLASS?

We will create wait lists for full classes. There is always a chance a spot will open up or a new class made.

FEES

Starfish • Duck • Sea Turtle
Sea Otter • Salamander
Sunfish • Crocodile • Whale
Cost: \$49.05

*Short lesson set, reduced fees.