

Youth Swim Lessons

Our youth program for children ages 6 and up breaks out into five progressive levels. Skills include underwater exploration, breath control, floating, gliding, swimming and diving. Please follow the questionnaire online to help you decide which level is best for your child.

Level 2 – Water Comfort and Acclimation

This level will focus primarily on getting the child comfortable in the water including floating, under water exploration and an exploration of breath control. This is perfect level for a non-swimmer or beginner swimmer who is fearful or cautious.

Level 3 – Swimming Fundamentals

This level will focus on building on the skills learned in the Comfort and Acclimation level. This level is for children who are beginner swimmers but are not comfortable yet in deep water. Children should not be fearful of going under the water and are ready to learn to glide and paddle as well as be introduced to a rudimentary front crawl, elementary back stroke, and treading water.

Level 4 – Stroke Introduction

This level will build a solid foundation of the swimming strokes front crawl, elementary back stroke and treading water as well as including being introduced to back stroke and the dolphin kick. Diving will also be introduced at this level. Children in this level should have a comfort of swimming in deeper water for short times.

Level 5 – Endurance Build up

This level will be completely taught in deep water. With a strong foundation in the basic strokes the focus will be on building a endurance and enhancing proper swimming technique. In this level the breast stroke and the butterfly will be introduced.

Level 6 – Stroke Fine Tuning and Technique

The final level will focus on strong endurance of all strokes and enhancing proper technique of the butterfly and breast stroke. Competitive swimming techniques will also be a focus of this level as well as Junior Life Saving skills.