



Group Swim Lessons



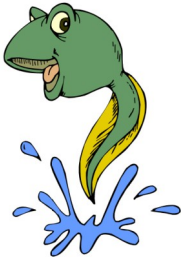
Ages 3 and under



Seahorses

Designed for children ages 3 and under, this level gets the parents involved. The focus is to get the children comfortable in the water with the help and support of an adult family member. All of this is done through songs, games and fun activities that the young ones will enjoy. A parent **MUST** be in the water with the child. Class length is 30 minutes.

Ages 3-6



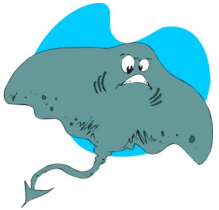
Tadpoles

This class is designed to get you comfortable in the water away from the parents and to develop positive attitudes, good swimming habits, and safe water practices in and around water. This is all done while learning the basics of going under water, floating, gliding, and the arm/leg actions that they will incorporate in future levels. Most of the skills are done with support, either by the instructor or flotation device. Class length is 30 minutes.



Clownfish

Now you can start to really have fun by learning to swim on your own. This class is designed to slowly get rid of the supports and teach you to be more independent in the water by swimming on your own. This class will build on the skills learned in Tadpoles. Class length is 30 minutes.



Stingrays

Good Job! You are swimming all by yourself now. But practice makes perfect and that's what this level is designed to do. This class will focus on refining the strokes you've already learned so you can swim farther while also teaching you a few new tricks to put up your fin. Class length is 40 minutes.



Barracuda

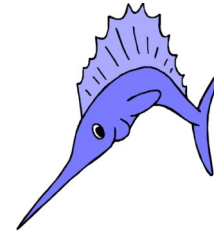
You are a lean, mean, swimming machine now and nothing can stop you. This is a pre-competitive class that requires the completion of either Stingrays or Swordfish. The class will run like a mini swim practice to focus on refining your strokes even farther, increasing your swimming endurance, learning new strokes as well as flip turns, all to prepare you for a club swim team such as the Ballwin Blue Dolphins Swim and Dive Team or for swimming fun that you can enjoy for the rest of your life. Either way, you're a swimmer now. Class length is 40 minutes

Ages 7-16



Sea Turtles

Designed with the older kids in mind, this class will teach you good swimming habits and safe water practices in and around the water. This is achieved, all while learning the basic skills needed to swim on your own. The focus is to have you swimming short distances all on your own. Class length is 30 minutes.



Sword Fish

This class is designed to build on what you have learned as a Sea Turtle. So pull out your sword and get ready to fight that water and swim farther. This class will focus of refining the strokes you've already learned while teaching you a few new things that will allow you to go the distance. Class length is 40 minutes.

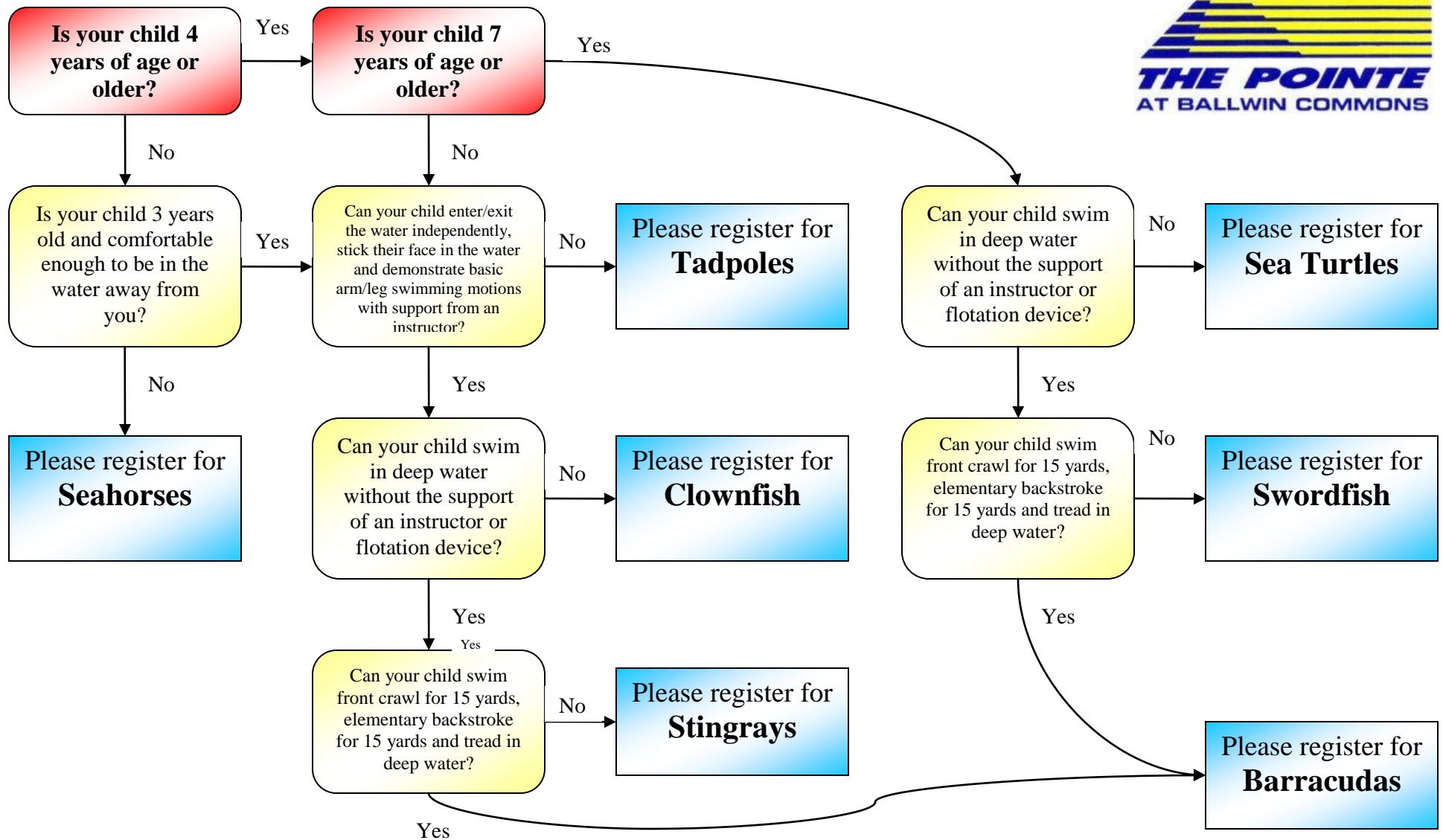
Adapted from the American Red Cross

Learn to Swim Program.



**American
Red Cross**

Ages 4-16



Swim Lesson Flow Chart