

# GROUP SWIM LESSONS

Ages 3 and under



## Sea Horses

Designed for children under 3, 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 (18 years or older) family member. Songs, games, and fun activities will help build their confidence-fun for both child and adult! An adult **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 parents! Children will work to develop positive attitudes, good swimming habits, and safe water practices in and around the water. This is all done while learning the basics of floating, gliding, arm/leg action that they will incorporate in future levels. Most skills are done with support, either by instructor or floatation device. Class length is 30 minutes.

## Clownfish



Now you can really start to have fun by learning to swim on your own! This class is designed to slowly introduce no supports and to learn to be more comfortable and independent in the water by swimming on your own! This class will build on skills learned in Tadpoles while introducing safety skills and floating. Class length is 30 minutes.

## Otters



Keep up the hard work! You are about to start swimming by yourself! This level is designed to introduce technique and skills used in future levels, like rotary breathing. You will be swimming with little to no assistance while learning new skills and building confidence in the water. Ready to learn to swim on your back like an otter? Class length is 30 minutes.

## Stingrays



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

Ages 5-16 Barracuda



You are a lean, mean, swimming machine! Nothing can stop you! This is a pre-competitive class that will focus on refining your strokes for distance swimming by increasing your endurance and learning new skills, like flip turns. This level will help prepare you for Ballwin Blue Dolphins Swim Club or for swimming fun that you can enjoy the rest of your life. Either way, you're a swimmer now! Class length is 45 minutes.

Ages 7-16 Sea Turtles



Designed with older kids in mind, this class will teach you proper swimming techniques and safe water practices in and around the water! This is done all while learning the basic skills needed to swim on your own! This class focuses on short distance swimming to establish proper technique. Class length is 30 minutes.

## Sword Fish



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

Visit our website  
to enroll today!  
Mem/Res \$60  
Non-Mem \$75

# SWIM LESSON FLOW CHART

