

CLASS DESCRIPTIONS

Parent/Child (6months-2 yrs.) Adult required in the water. Water Introduction program, child and parent learn to trust each other in water and that the water is fun. Sing songs, arm and leg movements, and blowing bubbles

Parent/Child 2 (2-3 yrs.) Adult required in the water. Designed to help the swimmer make an easy transition into our cadet class. Getting comfortable with an instructor and learn beginner swim skills while having fun.

Cadet: (3 and 4 yrs.) Beginner swim skills include: floating, kicking, submerging head, arm movement.

Corporal: (4 & up) Beginner swim skills include: floating, kicking, going under water, arm movement.

Sergeant: Child must be comfortable in the water, with some independent swimming skills. CHILD MUST HAVE PASSED LEVEL 1 or PRE

Captain: Child must swim independently! Explore deep water, treading, diving, elementary backstroke, and dolphin kick.

Commander: Child must be able to swim front/back crawl 15 yds. Breaststroke and butterfly will be defined.

Chief: Child must be able to swim front/back crawl one length of pool without stopping. Breaststroke and butterfly stroke work.

***This is an endurance swim class to prep for swim team readiness, must have passed Level 4.

POLICIES:

All classes must have a minimum of 4 registered participants.

Classes may be combined or cancelled if there are insufficient numbers.

Refunds or class credits will not be issued for missed classes.

Make up classes will only be approved by the director if there is space in another class offering.

Non members are not permitted to swim before or after their class.

REGISTRATION PROCEDURE

Please fill out a youth registration form located at the front desk.

You can register on line at www.activityreg.com