

We have three two-week sessions for swim lessons. The first session that a child participates in is free, but subsequent sessions are 35\$ per child. Levels 4 through 7 are from 10:00 to 10:50 am and Infant through level 3 are from 11:00 to 11:50 am. Sessions last two weeks and the pool is closed to recreational swimming during that time. If a lesson has been cancelled due to weather, we will attempt to make it up during the week in between sessions but you will be notified if we do. Sign-up is located in the Guardhouse. If you have any questions please feel free to ask any of the guards. We want to encourage parent interaction because one of the best things you can do as a parent is to have "homework" sessions where you work on some of the skills that we teach either here at the pool, lake, or depending on the age, at home in the tub.

Our Lesson Philosophy: We use the American Red Cross lesson requirements as a base, but ultimately our instructors decide the curriculum and the level of skill of a child. Although we do not necessarily have formal training in teaching swim lessons, our guards have a wealth of knowledge about swimming and have been either swimming or teaching for several years and we use this experiences as our primary source for instruction.

Infant

The purpose of the Infant level is to make a child comfortable in the water from an early age. This lesson is taught with the parents present in the water. We concentrate on getting the kids adjusted to the pool which means simply entering and exiting the pool, blowing bubbles and becoming comfortable with being submerged even if briefly. We also begin to teach the proper use of a life jacket and basic pool rules. Age Level: Infant to 3 yrs.

Level 1

Level 1 is designed to provide a basis for all the strokes that will be taught in our program. We will teach the basics of floating, kicking, and arm motion for the front and back, as well as treading. Basic water safety is discussed. Age Level: 3-4 yrs.

Level 2

In Level 2, we move forward on the foundations made in level 1 and progress into actual strokes. Although slightly dependent on the instructor, the focus on the front crawl, back crawl, elementary backstroke and breaststroke, we begin to teach the basic body positions, hand motions as well as kicks for all these strokes. We also introduce bobs* and the diving board in this level. Although we don't ever force kids to go off the board, during this level, the instructor will catch the kids that want to go off the board. A life jacket is optional. For water safety, we continue to teach the pool rules including deep end safety. Age Level: 4-5

Level 3

Level 3 focuses on developing the strokes that have been introduced in the previous lessons. Although the kids will not be required to be able to swim across the entire pool, we are looking for a solid base in all of the strokes. We concentrate on body position and kick. In addition, we introduce jumping into deep water headfirst. At the end of the level, a child should be able to swim half way down the pool in the front crawl, back crawl, and all of the kicks. Age Level: 4-6

Level 4

In Level 4, kids should be able to swim across the entire pool in both front and back crawl. Open turns are introduced in this level as well as swimming underwater, treading and the sidestroke. We also practice diving with the goal of making it more natural. Age Level: 5-7

Level 5

By Level 5, the kids should be confident in their strokes and can sustain good form in them for moderate distances. Flip turns are introduced and the open turn is refined. Kids should be able to tread for two minutes or more. Also in Level 5, we begin teaching the basics of the sport of diving by introducing the tuck and pike dives. Age Level: 8+

Level 6

Level 6 is for advanced swimmers, and concentrates on skill refinement. Diving as a sport is explored further and several personal water safety skills are introduced. Kids should be able to swim long distances. Age: 10+

Level 7

Level 7 is our lifeguard readiness class. Skills taught in this class are not intended to be used in an emergency, but simply to give kids a base in lifeguard training. Age Level: 10+

*Bobs and swimming across the pool are great checkpoint for children. If they can do bobs, put your kids in level 2 or 3, if not, keep them in level 1. If they can swim across the pool then they should probably be in level 4 or above, if not, keep them in level 3.