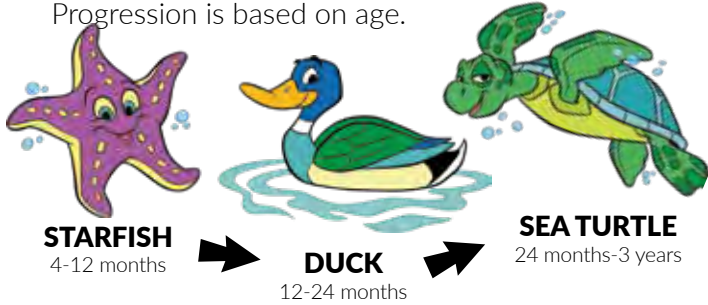


Learn-to-Swim Program Overview

Parent & Tot Lessons

Ages 4 months–3 years

Parent participation is required.
Progression is based on age.



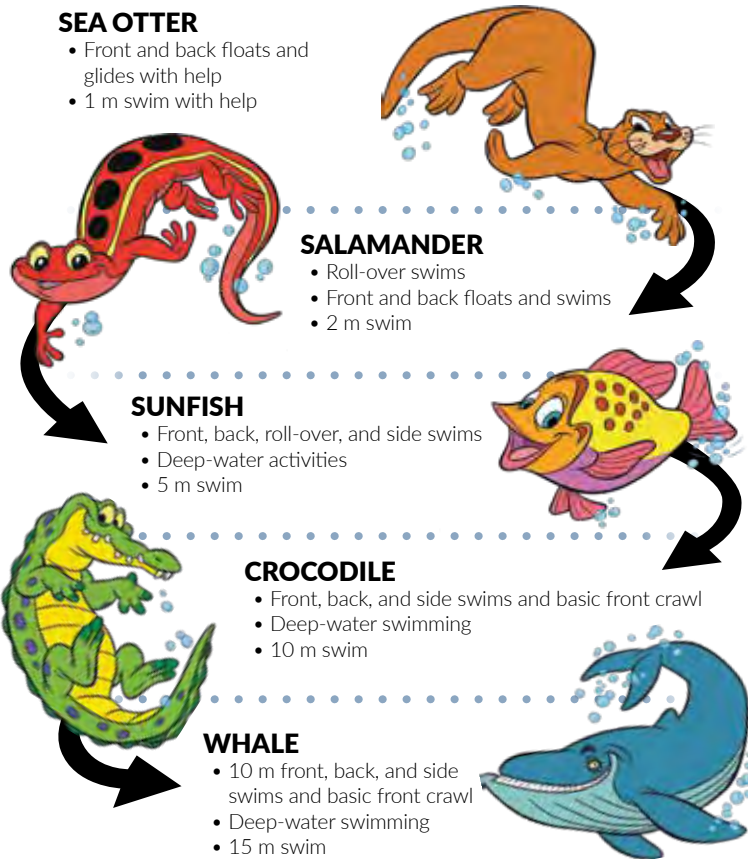
Preschool Lessons

Ages 3–6 years

Progression is based on completion of level.

SEA OTTER

- Front and back floats and glides with help
- 1 m swim with help



SWIM KIDS LESSONS (Ages 5-14 years)

Progression is based on completion of level.



1

SWIM KIDS 1

- Front and back floats and swims
- Roll-over swims and basic front crawl
- 5 m swim



2

SWIM KIDS 2

- Side swims and basic front crawl
- Deep-water activities
- 10 m swim



3

SWIM KIDS 3

- Front and back floats and swims
- Roll-over swims and basic front crawl
- 15 m swim



4

SWIM KIDS 4

- 15 m back swim
- 10 m front crawl
- 25 m swim



5

SWIM KIDS 5

- 15 m front and back crawl
- Whip kick on back
- 50 m swim



6

SWIM KIDS 6

- 25 m front and back crawl
- 15 m elementary backstroke
- 75 m swim



7

SWIM KIDS 7

- 50 m front and back crawl
- 25 m elementary backstroke and whip kick on front
- 150 m swim



8

SWIM KIDS 8

- 75 m front and back crawl
- 15 m breaststroke
- 300 m swim



9

SWIM KIDS 9

- 100 m front and back crawl
- 25 m breaststroke and side stroke
- 400 m swim



10

SWIM KIDS 10

- 100 m front and back crawl
- 50 m elementary backstroke, breaststroke, and side stroke
- 500 m swim

LESSON FEES:

Parent and Tot: \$53
Preschool: \$62

Swim Kids (30 min): \$47.75
Swim Kids (45 min): \$53
Swim Kids (60 min): \$62



These sample fees are based on a 10-class session.
Fees will be pro-rated for greater/fewer classes.