



Aquatics

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Introducing 3 New Classes

Adult: Learn to Swim

The Newcomer – Adult Beginner

Are you new to lessons or have a fear of the water?

Then this is the class for you!

You will learn to become comfortable in the water, put your face in, float and be able to roll from your front to your back. You will also start to propel yourself through the water with a flutter kick.

This class is taken in the Shallow End Only

Water Acclimation – Adult Intermediate

Have you completed The Newcomer (Adult Beginner) class or are comfortable swimming on your front and floating on your back but NOT YET ventured into deeper water? Then this is the class for you!

Learn the basic freestyle and backstroke while continuing to work on front and back glides and swim 10 yards without stopping. You will learn to tread water in deeper water for 30 seconds.

Building Your Skills – Adult Advanced (Deep Water)

Have you completed the previous two levels? Do you want to improve your effectiveness and efficiency while swimming your strokes? Then this is the class for you!

You will work on freestyle rhythmic breathing, backstroke, and breaststroke and eventually be able to swim 15-25 yards. You will also learn safety in deep water, jump in and tread water.

For more information, please contact:

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