

<p>Adult/Tot The Adult/Tot class is designed to familiarize youngsters 6 months to 3 years with the water. An adult and child will explore the pool with the Swim Lesson Instructor. The child will be introduced to the front float and the back float, along with the basics of swimming. The Adult/Tot classes will spend some time incorporating cognitive games to help kids learn the skills. The goal is to be comfortable in the water.</p>	<p>Jelly Fish Jelly Fish is for ages 3 to 4 years old. The child will be introduced to many skills such as underwater exploration, front crawl, and back crawl. The goal is to fully submerge their face under water and to jump into the water unassisted.</p>
<p>Sun Fish Sun Fish is for ages 4 to 5 years old. This class is still done with some assistance but goes more in depth in the skills taught in the younger classes. The child will be working on back and front floats unassisted. The child will be introduced to side to side breathing, and breaststroke arms. The goal of Sun Fish requires you to be able to float unassisted on the back for one to two seconds.</p>	<p>Sea Turtle Sea Turtle is for children who are 5 years and older or have passed Sun Fish or are able to float unassisted on their back for one to two seconds. A lot of skills covered will be an extension from Sun Fish, with just a little help from the instructor. A quick peek at some skills covered are unassisted floats on the front and back with recovery, assisted treading, and glides with kicks. The goal is to be able to do eight front arm extensions assisted with flutter kicks, four back arm extensions assisted with flutter kicks and float on their back unassisted for five seconds.</p>
<p>Sea Horse Sea Horse is designed for kids who are 6 years + or have passed Sea Turtle or who are able to do eight front arm extensions assisted with flutter kicks, four back arm extensions assisted with flutters kicks, and back float unassisted for five seconds. The child will be introduced to deep water adjustment, front glide into a front crawl and elementary backstroke. The goal is for the child to perform all skills unassisted along with eight front arm extensions unassisted with flutter kicks and four back arm extensions unassisted with flutter kicks.</p>	<p>Clown Fish Clown Fish is designed for kids who have passed Sea Horse or are able to do eight front arm extensions unassisted with flutter kicks and four back arm extensions unassisted with flutter kicks. The child will be introduced to underwater swimming, open turns for front and back crawl, breaststroke, and introduction to diving safety. The goal is for the child to be able to tread water for 15 seconds and swim front crawl with side to side breathing, back crawl, and elementary backstroke all for 15 yards.</p>
<p>Angel Fish Angel Fish is designed for kids who have passed Clown Fish or are able to tread water for 15 seconds and swim front crawl with side to side breathing, back crawl, and elementary backstroke all for 15 yards. The child will be introduced to flip turns for front crawl and back crawl, butterfly, and diving. The goal is for the child to be able to tread water for one minute and swim continuously for 3 minutes only using front crawl, back crawl, and breaststroke.</p>	<p>Sting Ray Sting Ray is designed for kids who have passed Angel Fish or are able to tread water for one minute and swim continuously for 3 minutes only using front crawl, back crawl, and breaststroke. Sting Ray is the most advanced class of swim lessons we offer. The child will be introduced to open turns for breaststroke and butterfly, treading water with no hands, surface dives, and lap swim etiquette. The goal is for the child to be able to swim 10 yards and retrieve a ring that is located underwater 8-10 feet deep and swims continuously for five minutes using only front crawl, back crawl, and breaststroke.</p>