



SWIM LESSONS

Learn from our
Red Cross Certified
Instructors

Sessions

Each session lasts 1 week,
Monday-Thursday

SESSION 1: July 14 - 17

SESSION 2: July 21 - 24

SESSION 3: July 28 - July 31

SESSION 4: August 4 - August 7

Private lessons available

Class Information

\$45 per session

- *Open to all ages (6mos+)*
- *All abilities welcome*
- *Six 1/2 hour classes: 9AM, 9:45AM, 10:30AM, 11:15AM, 12:30PM, and 1:15PM*
- *Spaces are limited!*

FOR INFORMATION:
Stop by or Call the
Fitness and Aquatics Center
850-623-7412



Swim Lesson Descriptions

1. Parent & Child Aquatics

Age Group: 6 months – 3 years

Description: Make a splash together! This class helps parents safely introduce their little ones to the water. Parents learn how to support and encourage their child while exploring basic water skills and important water safety tips.

2. Preschool Aquatics

Age Group: 3 – 5 years

Level 1: Perfect for first-timers! Kids are introduced to basic swim skills through fun and guided play. With assistance, skills include comfort in the water, submerging, floating, gliding, kicking, scoops and more. They'll start to build confidence in the water while learning early water safety habits.

Level 2: Time to dive a little deeper! Kids begin performing swim skills as in level 1 with less help and longer duration. They will start moving more independently in the water and explore new movements to build swimming strength and coordination.

Level 3: Swim skills get stronger here! Children refine their strokes and movements while swimming independently. Water is getting a little deeper. Gliding and floating goes a little longer. Repetition and guided practice help build control, coordination, and confidence.

3. Learn-to-Swim (LTS) Levels 1 & 2, Advanced Levels (3-5)

Age Group: 6 years and up

Level 1: Start here for swim success! This level introduces basic water skills and safety. Floating, gliding, kicking, and scoops are all introduced with the use of tools and assistance of the instructor to begin developing healthy swim habits and confidence while having fun in a structured environment.

Level 2: Let's keep moving! Swimmers start gliding, floating, and recovering without support. Arm and leg movements become stronger, laying the groundwork for more advanced strokes.

Level 3: Stroke development begins! Swimmers work on front crawl, elementary backstroke, and survival skills like treading water. Scissors and dolphin kicks are introduced, along with safe head-first entries.

Level 4/5: Swimmers refine their strokes, build endurance, and improve technique. Longer swim distances, flip turns, and more advanced skills are introduced—perfect for young swimmers ready for a challenge.

4. Private Lessons

Age Group: Available to anyone 3 years and up.

Whether you are an adult wanting to improve form, technique, speed, etc. or a child just stuck on getting the hang of a skill, a private lesson may be the perfect way to meet those goals!

Not Sure Which Class is Right for Your Swimmer? Contact the Aquatics Coordinator at 850-623-7096.