

Aqua Adventure Swim Lessons



Angelfish

Ages 6 mos.-3 yrs.
Prerequisite: None

Walking into water
Enter & Exit Water Safely
Towing
Kicking front & back supported
Assisted bobs
Towing and Kicking
Putting face in the water
Going underwater
Holding onto the wall
Jumping in the water
Back Cradle
Towing and Letting Go briefly
Superman to Wall
Water Safety Rules



Minnow (Lvl. 1)

Ages 4-6
Prerequisite: None

Enter & Exit Water Safely
Submerge mouth, nose, eyes & ears
Blowing bubbles
Jumping into shallow water
Retrieve items underwater
Front float supported
Back float Supported
Changing directions
Supported bobs
Supported Front & back glide
Supported front and back kicking
Front crawl & backstroke arms
Supported Freestyle and backstroke
Water Safety Rules



Seahorse (Lvl. 2)

Ages 4-6 or 7-14
Prerequisite: Minnow or 7th birthday.

Enter & exit water safely
Fully submerge head for 5 seconds
Bobs
Retrieve Items underwater
Front & back float unsupported
Front glide unsupported
Back glide unsupported
Flutter kick on front & back with kickboard, 5 yards
Winging on back
Front crawl, 5 yards
Water Safety Rules



Clownfish (Lvl. 3)

Ages 4-6 or 7-14
Prerequisite: Seahorse

Retrieve objects with eyes open
Front glide with flutter kick
Back glide with flutter kick
Freestyle, 15 yards
Side-breathing
Change from vertical to horizontal position on front and back.
Elementary backstroke
Tread water
Intro to full backstroke
Water Safety Rules



Dolphin (Lvl. 4)

Ages 5-6 or 7-14
Prerequisite: Clown fish

Underwater glide
Front crawl, 25 yards, with side breathing
Backstroke, 15 yards
Elementary backstroke, 15 yards.
Butterfly kick, 10 yards
Breastroke kick
Sidestroke
Tread water, 1 minute
Water Safety Skills



Shark (Lvl. 5)

Ages 7-14
Prerequisite: Dolphin

Alternate breathing
Front Crawl with side breathing, 50 yards
Backstroke, 25 yards
Elementary backstroke, 25 yards
Breastroke, 15 yards
Breastroke pull-down
Butterfly Arms w/ kick
Sidestroke, 15 yards
Survival swimming
Flutter kick front and back, 25 yards
Tread water, 1.5 minutes
Water Safety Rules



Orca (Lvl. 6)

Ages 7-14
Prerequisite: Shark

Front crawl with side breathing, 50 yards
Backstroke, 50 yards
Breastroke, 25 yards
Butterfly, 25 yards
Breastroke pulldown
Butterfly kick and break out
Sidestroke, 25 yards
Flip turns
Survival Swimming
Tread water, 2 minutes, 2 different kicks
Water Safety Rules

Privates 1.0

Ages 4-14

This year private lessons are now 20% longer! Private Lessons offer an opportunity for your swimmer, or swimmers if they have a sibling of similar skill level, to have the undivided attention of one of our swim instructors. Private lessons focus on specific skills that your swimmer(s) are trying to develop. Skill level can range from beginner all the way to preparing for swim team for ages 4-14 years old.

Privates 2.0

Ages 4-14

This is our NEW private lesson format. In Privates 2.0, students are with our instructors for 20% longer each day than previous years and will receive 8 lessons with the same instructor, totaling 4 hours of 1-on-1 instruction. Private Lessons offer an opportunity for your swimmer, or swimmers, to have the undivided attention of one of our swim instructors. Private lessons focus on specific skills that your swimmer(s) are trying to develop between the ages of 4 and 14.

Aqua Adventure Swim Lessons

Angelfish

Description: This is our Parent & Me class. A caretaker is required to be in the water with their swimmer at all times. Angelfish students focus on getting comfortable in the water. This class incorporates games and songs to encourage your young swimmers to have fun while in a safe environment. Swimmers become comfortable putting their faces in the water, blowing bubbles, and gliding in the pool.

Minnow (Lvl. 1)

Description: Minnow is our entry level class for children between 4-6 years old. Minnow swimmers focus on basic water skills like how to safely enter and exit the pool, submerging their face in the water, blowing bubbles, kicking and floating on their front and back, all while being supported by an instructor.

Seahorse (Lvl. 2)

Description: Seahorse swimmers are aged 4-6 OR 7-14 and are somewhat comfortable in the water and ready to begin exploring. Your swimmers will learn basic skills like floating on their front and back, gliding off the wall, basic kick and arm stroke techniques, and will begin retrieving objects, all with an instructor alongside them.

Clown Fish (Lvl. 3)

Description: Clownfish swimmers are aged 4-6 OR 7-14 and feel comfortable in the pool without direct support from an instructor. Clownfish are comfortable with floating, retrieving objects, and basic stroke techniques and are ready to begin learning full strokes! Clownfish will learn the front crawl, side-breathing, elementary backstroke, regular backstroke, and how to tread water, all with an instructor alongside them.

Dolphin (Lvl. 4)

Description: Dolphin swimmers are intermediate level aged 5-6 OR 7-14. Dolphins can swim front crawl, elementary backstroke, regular backstroke, and can tread water without the support of an instructor. In the Dolphin class, Swimmers begin to learn the more advanced strokes such as breaststroke, butterfly, and sidestroke, as well as swimming further distances in the more basic strokes.

Shark (Lvl. 5)

Description: Sharks are aged 7-14 and are our intermediate to advanced swimmers. This class focusses on more advanced skills like breaststroke and butterfly, as well as continuing to develop their front crawl and backstroke technique. Sharks will also begin to swim full lengths of the pool in all 4 strokes.

Orca (Lvl. 6)

Description: Orcas are our most advanced swimmers, are age 7-14, and are comfortable swimming all 4 strokes. In the Orca class, swimmers begin swimming multiple lengths of the pool and using advanced techniques like flip turns and pull downs. This class is primarily for those swimmers that want to move into a swim team in the near future.

Privates 1.0

Description: Private Lessons offer an opportunity for your swimmer, or swimmers if they have a sibling of similar skill level, to have the undivided attention of one of our swim instructors. Private lessons focus on specific skills that your swimmer(s) are trying to develop. Skill level can range from beginner all the way to preparing for swim team for ages 4 to adulthood.

Privates 2.0

Description: In Privates 2.0, students will receive a total of 8 lessons with the same instructor, totaling 4 hours of 1-on-1 instruction. Private Lessons offer an opportunity for your swimmer, or swimmers if they have a sibling of similar skill level, to have the undivided attention of one of our swim instructors. Private lessons focus on specific skills that your swimmer(s) are trying to develop. Skill level can range from beginner all the way to preparing for swim team for ages 4 to adulthood.