

SWIM LESSON INFORMATION

Lessons are \$45 per session per child / \$55 for out of district

Prices are subject to change

NO refunds for missed or cancelled lessons

Lessons progress from the Tadpole level to the Shark level. Sessions are two weeks - Monday through Thursday - 45 minutes each day.

All JRD swim instructors are certified.

Tadpoles: This level is for parents and their children ages 6 months to 3 years old. There must be at least one parent per child. This class provides parents with some basic techniques for teaching their infants water adjustment and early swimming skills. This is a great opportunity for young ones to explore and become familiar with the water.

Minnows: This level is designed for children ages 3 or 4 that are having their first swimming lesson experience. Children will begin with water adjustment and progress at the child's pace. It is possible to develop a beginner's front stroke and backstroke at this level.

Guppies: This level is aimed towards children ages 4 or 5 who have completed the Minnows class or who are ready for the Goldfish class but are not tall enough. This class combines water exploration and primary swimming skills in a water level where children can touch.

Goldfish: In this class children are taught the fundamental skill of swimming such as floating without support. They also begin to add arm and leg actions of swimming and slowly try to combine the tasks and turn them into one. In addition, they will learn basic personal safety skills. Your child must be able to stand with their head above water in 3 to 3 1/2 feet of water.

Sea Horses: In this class children will coordinate the leg and arm actions of both the front and back crawl. They are also introduced to the elementary backstroke and basic diving skills. They are also taught additional safety skills.

Swordfish: In this class students develop confidence in the strokes that they have learned and improve on other aquatic skills. This is an endurance class and the children should begin to perfect their skills. They are introduced to the breaststroke, sidestroke, and open turns.

Dolphins: The emphasis in this level is stroke coordination and refinement. Children will continue to strengthen their endurance. Students are introduced to the butterfly, racing starts & turns, surface dives, and diving from the diving board.

Sharks: This level's skill is varied depending on the students in the class. The main focus is to refine and polish the student's strokes so that they can swim with ease over a great distance. This class also focuses on good fitness habits. Additionally, springboard diving skills are taught along with advance safety and rescue skills.

Private lessons are available @ \$100 (4 sessions) 1/2 hour sessions

