

Aqua Babies (Red Cross Parent & Child Aquatics Level 1) - In this class parent and baby enjoy a pleasurable first pool experience. In the soothing environment of our 86-degree pool, our goal is for babies and parents to become accustomed to wet faces and learn comfort in the water through SAFE play. This class is recommended for babies 6-24 months old.

Aqua Tots (Red Cross Parent & Child Aquatics Level 2) - Water is the perfect place to use some of that toddler energy. Through games, songs, and play, each parent works with their own child to encourage pre-swimming skills like kicking, jumping, reaching, floating, blowing bubbles and WATER SAFETY. Classes are held in the 86-degree pool. This class is recommended for ages 2-4.

3 Year Old Parent & Child (Red Cross Parent & Child Aquatics Level 3) - This class teaches blowing bubbles, floating, submerging, kicking, reaching, pulling, treading water, jumping from the side and water safety. It requires committed focus from the parents in the water. Parents will be very active in the instruction process. This class is for children that have completed Aqua Tots and/or the child is very comfortable with their face in the water. Classes are limited to 5 and they are held in the warm water pool. To take the class children need to be ages 3 to 4.

Pre-Beginner (Red Cross Preschool Aquatics Level 1) - This is the first class for children without their parents in the water. To advance in water skills children must learn to be comfortable with their faces in the water. Beginning water skills like blowing bubbles, floating, submerging, kicking, reaching, pulling, treading water, jumping from the side and WATER SAFETY are emphasized. Classes are limited to 5 and they are held in the warm water pool. To take this class children must be age 4, able to separate from their parent, follow directions, and have developed an attention span that enables group learning.

Beginner 1 - (Red Cross Preschool Aquatics Level 2) - Students in this class are comfortable putting their head fully underwater, and will work on keeping themselves independently afloat. They'll be practicing reach and pull arms, kicking, floating, gliding, treading water, and underwater retrieval, all with a strong emphasis on SAFETY in and around water. Classes are 45 minutes, limited to 5 children, and are held in the 86-degree pool. Typical ages 5-6.

Beginner 2 - (Red Cross Preschool Aquatics Level 3) Students are already able stay afloat and use forward locomotion. Typically they can swim underwater and can move 5 yards with an independent kick. They'll be building on the skills from Beginners such as reaching and pulling, floating, gliding front and back, and treading water, all with a strong emphasis on SAFETY in and around water. This class is 45 minutes, limited to 5, and taught in the 86-degree pool and the competition pool. It is recommended for swimmers who have passed Beginner. Typical ages 5-7

Intermediate – (Red Cross Learn to Swim Level 1) Already able to swim on their own and comfortable with their faces in the water, intermediate students are developmentally ready to learn coordinated arm and leg movement for the front and back crawl. Rotary breathing is introduced. There is a strong emphasis on SAFETY in and around water. This 45-minute class is held in the competition pool and class size is limited to 6. Students are typically age 6 and older. It's recommended that student has passed Advanced Beginners/Red Cross Pre-Swimmer level 3.

Advanced – (Red Cross Learn to Swim Level 2) Focus is on refinement of the front and back crawl and emphasis on underwater swimming, floating, deep water work and beginning diving skills, students' strokes become stronger with more propelling force. There is more emphasis on rotary breathing. This 45-minute class is limited to 6 and is held in the competition pool. It's recommended that student have passed Intermediate/Red Cross level 1.

Level 3 - (Red Cross Learn to Swim Level 3) Swimmers will be jumping into deep water and moving forward, treading water, doing kneeling and standing dives, submerged glides, refining the front crawl with rotary breathing and back crawl with an emphasis on attaining some distance. The elementary backstroke will be introduced. They will also be introduced to the butterfly kick, dolphin kick, breaststroke kick and scissor kick. This 45-minute class is held in the competition pool. It is recommended that students have passed Advanced/Red Cross level 2.

Level 4 - (Red Cross Learn to Swim Level 4) Students will work on the major strokes, front crawl, back crawl, elementary backstroke, sidestroke, breast stroke and butterfly, with open turns. They will be jumping from the side in a compact or stride position, survival swimming, treading water and learning additional rules for safe diving. This 45-minute class is held in the competition pool. It is recommended that student has had and passed Red Cross Level 3.