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YOUTH SWIM LESSONS™

We build strong kids. strong families. strong communities.

PRESCHOOL & YOUTH SWIM LESSONS AT DEER PATH

PARENT/CHILD WATER ADJUSTMENT CLASSES

Ages 6 Months - 3 Years

Classes provide parent and child the opportunity to learn how to be safe, comfortable and relaxed in the water. Children will become aware of the differences between moving through the water and on dry land. Classes are designed to allow children to have fun in the water while the parent guides him/her to learn aquatic skills. **Swim diapers with rubber pants are required.**

WATER BABIES

Ages 6 - 12 Months

Beginner water adjustment class.

FATHER-TOT

Ages 1 - 3 Years

Parent/child water adjustment class, designed for dads!

PARENT-TOT

Ages 1 - 3 Years Parent/child water adjustment class.

TADPOLES

Ages 2 ½ - 3½ Years

Designed for the child who has participated in Parent-Tot and is ready for a more challenging curriculum but is still too young to attend on their own in a class setting. Instructors will guide students through the skills taught in Pike while also reinforcing learning skills such as listening, taking turns and being able to participate in a group setting.

PERFECTLY PETRIFIED PIKES

Ages 3 ½ - 5 Years

Water adjustment class with parent. Intended for the child who is new to the water and/or is fearful of the water and could benefit from parent support. This class will challenge you to expand your child's independence and prepare him/her for a Pike or Polliwog class.

PRESCHOOL SWIM LESSONS

Ages 3 ½ - 5 Years Without Parent

PIKE

Water Orientation

Ages 3 ½ - 4 Years

Water orientation class designed for the new swimmer. Child must be comfortable in

the water without the parent. Flotation device used. Children develop safe pool behavior, adjust to the water and develop independent movement in the water. Basic paddle stroke, kicking skills, back float and blowing bubbles in the water introduced.

EEL

Beginner Level

Ages 4 - 5 Years

Flotation device used. Skills include flutter kick, front and back float, paddle stroke, rhythmic breathing (bobs), treading water and water safety. Child must be able to tread and swim without flotation device to move to next level. Upon reaching grade school age, child will advance to Polliwog.

RAY

Intermediate level

Ages 4 - 5 Years

No flotation devices are used. Skills include water safety, fundamentals of rotary breathing, and building endurance by swimming on front and back. Diving skills are introduced. Child must be able to swim 15 yards of the pool using rotary breathing and float and kick on the back to move to the next level. Upon reaching grade school age, child will advance to Guppy.

STARFISH

Advanced level

Ages 4 - 5 Years

Review skills learned in Ray, refine front crawl, back-stroke, diving and floating skills. Upon reaching grade-school age, child will advance to Guppy or Minnow level based on progress report.

GRADE SCHOOL SWIM LESSONS

Ages 6 - 12 Years

This national program develops the whole child while teaching proper swimming skills. Five basic components are stressed: personal safety, stroke development, water sports and games, personal growth and rescue skills. Personal progress reports are provided at the end of each session.

POLLIWOG

Beginner Swimmer

Floating, gliding, kicking and rhythmic breathing (bobs) are learned. Swimming 15 yards using the paddle stroke without flotation must be demonstrated before advancing to Guppy.

GUPPY

Intermediate Beginner

Rotary breathing (proper breathing with front crawl), backstroke, and water safety are learned. Diving skills are introduced. Child must swim 15 yards demonstrating rotary breathing before advancing to Minnow.

MINNOW

Advanced Beginner

Refining front and back crawl, diving and building endurance is the goal of this level. Child must swim 25 yards demonstrating proficiency at front and back crawl to advance to Fish.

FISH

Intermediate

Breast stroke, butterfly kick, and continued refinement of front and back crawl are taught. Includes endurance swimming using varied strokes and turns. Child must swim 25 yards using a properly coordinated kick and pull in breast stroke to advance to Flying Fish.

FLYING FISH

Advanced Intermediate

Butterfly stroke, and continued refinement of breast stroke, front and back crawl are taught. Starting from the block and flip turns are introduced. Child must do an individual medley (25 yards each of butterfly, backstroke, breast stroke and front crawl) to advance to Shark.

SHARK

Advanced

Competitive swimming skills are introduced. Further emphasis is also placed on stroke mechanics, starts, turns and endurance.

PORPOISE

Watermanship

Introduction to lifesaving and teaching skills as well as continued refinement of all strokes. Designed for the child who has passed Shark and is interested in learning to be a swim instructor and/or lifeguard. Child will have the opportunity to work alongside a certified instructor as a volunteer swimmer's aide.

Safety Note: Non-slip deck shoes should be worn by all participants to the pool.