

Our lessons follow the structure of the American Red Cross program, which focuses on skill development and water safety at every level:

Level 1 – Water Introduction:

Comfort in the water, basic floating, and water entry/exit

Level 2 – Water Basics:

Independent floating and beginning movement

Level 3 – Stroke Introduction:

Basic freestyle and backstroke coordination

Level 4 – Stroke Development:

Freestyle with breathing, backstroke, and endurance

Swim lessons are not grouped by age, but instead by skill level. This is an important part of creating a safe and successful learning environment.

Water safety is based on ability, not age. Swimmers progress at different rates Skill-based grouping builds confidence and reduces frustration Each swimmer receives instruction appropriate to their level.

Our priority is to ensure every swimmer is placed where they can learn, grow, and feel successful in the water.

Day One Skill Assessment:

On the first day of lessons, all swimmers will participate in a brief skill assessment to determine proper placement.

During this time, instructors will observe:

- Comfort in the water
- Ability to float (front and back)
- Basic movement and swimming ability
- Stroke development (if applicable)

Swimmers may be adjusted to a different level after the first day to ensure they are placed in the best group for their success.

