Level 5: Stroke Refinement
Provides futher coordination and refinement of strokes.

- Shallow-angle dive from the side
- Shallow-angle dive from the side then glide and begin a front stroke
- Tuck and pike surface dives
- Front flip turn and backstroke flip turn while swimming
- Tread water
- Front and back crawl, elementary backstroke, breaststroke, sidestroke, and butterfly
- Standard scull

Minimum Participants: 5 Maximum Participants: 10
Fee: Based on number of classes. See pg 15-16.

Level 6: Swimming and Skill Proficiency
Designed with "menu" options that focus on preparing participants for lifetime fitness and safety, as well as more advanced courses, such as the Water Safety Instructor Course, or other aquatic activities, including competitive swimming or diving. Options include:.

- Personal Water Safety
- Fitness Swimmer
- Fundamentals of Diving

Minimum Participants: 5 Maximum Participants: 10
Fee: Based on number of classes. See pg 15-16.

Private & Semi-Private Lessons

Regardless of experience or ability, private and semi-private lessons are a great way to enhance you or your child's aquatic learning experience. Each lesson is 30 minutes of one-on-one time with a certified instructor catering to your learning needs. Semi-private lessons are for 2 people with roughly the same swimming ability. Whether learning to swim for the first time or perfecting technique, private and semi-private lessons are great for anyone wanting personalized instruction. Private lessons are offered for ages 3 and older and are scheduled on an individual basis. For more information on private lessons or to schedule, please contact the Quantico 50M Pool at quanticoaquatics@usmc-mccs.org or 703-784-2973.

Fees
$25.00 for a 30 Minute Individual Private Lesson
$40.00 for a 30 Minute Semi-Private Lesson*
**Semi-Private lessons are for 2 people of like ability.*