Adult Swim Lessons

Adult Beginner Swim Lessons

Designed for adults to work on basic swimming skills and techniques. Through a series of guided lessons by a certified American Red Cross Water Safety Instructor, participants will work on the foundations of swimming such as floating, swimming on front using a combined arm and leg action, swimming on back using a combined arm and leg action, submerging head completely underwater, and more.

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

Adult Intermediate Swim Lessons

Designed to further explore the fundamentals of swimming and to also introduce some of the more complex details of the strokes that are introduced in the Adult Beginner Swim Lessons. These lessons are taught by a certified American Red Cross Water Safety Instructor who will guide participants through different lessons and work-outs that have been designed to improve existing skill sets.

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

Adult Advanced Swim Lessons

This program has been designed as a continuation of the adult lesson program an also serves as an introduction into the world of competitive swimming. Emphasis is placed on stroke technique using guided drills and work-outs. Each lesson is designed to continue the refinement of skills learned in the Adult Intermediate Swim Lessons with an emphasis on competitive strokes and is ideal for moderate lap swimmers and triathletes.

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