

CLASS DESCRIPTIONS

Guppy: An enjoyable class for a parent and child to learn to communicate in the water. Both parent and child learn water orientation and work on developing water safety skills. Benefits include bonding with child, water awareness, water safety, children begin to learn to take instruction, self confidence, and as they get older begin to develop beginning swimming skills. (12:1)

Polliwog: A water adjustment class designed especially for beginners in the water to develop beginning swimming skills and promote independent water movement. Begins to teach basic stroke and kicking skills, blowing bubbles, floating both front and back as well as pool safety and fun ways to learn to fall in love with the water. (5:1)

Eel: A class for little swimmers who are already moving independently through the water 5 yards with flotation device on front and close on the back. Introduces rotary breathing and a variety of water skills to continue to grow independence in the water. We work on kicking and jumping in the water independently. We encourage swimming several feet on their own without flotation device. (5:1)

Starfish: For children who are comfortable in the water and able to swim five feet with faces in the water and no flotation device. The primary focus of this level is on rotary breathing and learning backstroke properly, freestyle independently, elementary backstroke and treading water. We start the basics of butterfly and diving. During the summer months we introduce the diving board. (5:1)

Minnow: This class is designed for swimmers who are able to swim 15 yards freestyle with faces in the water and have a very good understanding of rotary breathing and do not use flotation devices. Reviews backstroke while focusing on butterfly and flip turns. Breaststroke is introduced at this level. Children who are in this level should be completely independent. We also focus on building endurance. (6:1)

Fish: Our highest level of lessons, a class for swimmers who are able to swim 25 yards of freestyle and backstroke with a very good understanding of breathing and technique. Should be able to swim 15 yards of butterfly and breaststroke. Most of this class time is focused on proper technique for all four strokes while mastering flip turns and starts. The children will focus on technique and getting in shape for the Flying Fish level. (7:1)

Flying Fish: For those swimmers able to swim 50 yards freestyle, backstroke, over 25 yards breaststroke and butterfly. Basic knowledge of open turns and flip turns is helpful. Our goal is to get children ready for swim team with an hour long session twice a week. We train while working on the 4 competitive strokes at the same time. Most of this group is swimming as a form of exercise, on the wait list of a competitive swim team or training until the summer league session rolls around again.

Private/Semi-Private Lessons: Whatever the skills, whatever the age, we will build from there. These are one-on-one or two-on-one lessons to allow for maximum amount of attention given to the swimmer(s). We will work with all levels! We have 4 different levels of instructors that can work with all levels of swimmers.

Swim Team Private Lessons: Many coaches do not have the time with all the swimmers around to work on stroke technique as much as sometimes necessary. Anne Sievers will help swimmers with their strokes in the guidelines of competitive swimming using drills to get the job done. Having been a competitive swimmer for over 15 years and a collegiate coach for over 4 years, Anne knows swimming and wants to share her insight and love for the sport with you!

Adult/Tri-athlete Private lessons: Weather you are a top notch tri-athlete or an adult who just wants to add variety to their workout, private swim lessons can help you improve quickly through basic stroke technique. Anne Sievers will explain easy ways to improve both in technique and in training to help build endurance.