Adult Program Guidelines

We offer group lessons for ages 15 + and adults who already have comfort in the water. Lessons are scheduled when there is no other programming in the pool.

Beginner

SKILLS TAUGHT: Air exchange, submerging whole head with air exchange; front & back glide - assisted and unassisted; introduction to rolling over; kicking on front and back - with support and and without support; jump into deep end unassisted. Introduction to crawl stroke arms & back stroke arms; introduction to crawl stroke w/ rolling & breathing; introduction to elementary back stroke arms; water safety - treading water, life-jackets and floating on back in deep water.

Intermediate/Advanced

SKILLS TAUGHT: Building on skills learned in Adult beginner; crawl stroke with side breathing; refining backstroke; refining elementary back stroke; introduction to elementary back stroke legs and arm & leg coordination; breaststroke, sidestroke and (butterfly). Diving - surface dives and diving from side.