
























Swim Information 2018

Skills Taught	Preschool Ages 3-5	Youth Ages 6-13	Adults Ages 14+
A course that turns beginners into swimmers using progressive, but Student focused approach while teach fundamental swimming skills: Breath control, kicking, floating	Octopus 	Clown Fish 	Sting Ray 
A progressive strokes course that teaches entry-level swimmers the formal strokes of freestyle and backstroke.	Star Fish 	Blue Tang 	Beluga 
A progressive advanced strokes course that teaches breaststroke and butterfly to swimmers who have already mastered freestyle and backstroke.	Sea Turtle 	Damsel 	Whale Shark 
A progressive advanced strokes course that teaches the lifesaving strokes of sidestroke, elementary backstroke, and treading.	Sea Horse 	Yellow Tang 	Blue Whale 
Parent Tot (Ages 6 months-36 months)			
Water Acclimation, Flutter Kick, Breath Control, Back Kicking	Sea Otter 		
Breath Holding, Basic Surface Swimming Progression, Pop-up Breath	Seal 		
Special Needs			
All Ages – Skills taught – Based on student’s abilities	Manatee 		










Session 1: June 5 – 15

8am	 Sting Ray	 Whale Shark	 Sea Horse
9am	 Sea Turtle	 Beluga	 Damsel
10am	 Clown Fish	 Yellow Tang	 Star Fish
11am	 Otter	 Seal	 Manatee
7pm	 Octopus	 Blue Tang	 Blue Whale

Session 2: June 19 – 29

8am	 Sting Ray	 Damsel	 Sea Horse
9am	 Octopus	 Beluga	 Yellow Tang
10am	 Whale Shark	 Blue Tang	 Sea turtle
11am	 Otter	 Seal	 Manatee
7pm	 Starfish	 Clownfish	 Blue Whale

Session 3: July 10 – 20

8am	 Beluga	 Sea Turtle	 Yellow Tang
9am	 Sea Horse	 Damsel	 Sting Ray
10am	 Clown Fish	 Star Fish	 Blue Whale
11am	 Otter	 Seal	 Manatee
7pm	 Octopus	 Blue Tang	 Whale Shark