



Learn to Swim. Start Here.



The Swim School at Kids First offers a variety of Learn to Swim programs designed for babies and children.

PARENT & ME
Ages: 4-36 MONTHS



ADAPTIVE SWIM
ONE-on-ONE



GROUP LESSONS
Ages: 3+ YEARS



FAST TRACKS
Seasonal, Ages: 3+ YEARS



SWIM TEAM PREP
Ages: 4-18 YEARS



OPEN SWIMS
ALL AGES



Flip over to learn about
The Swim School Process and our Levels.

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513-489-7575 | www.kidsfirstsports.com





Swim Level Progression

PARENT & ME

BABY GUPPIES

8 WEEKS-6 MONTHS

FREE

Introductory lessons for water comfort and conditioning breath control.

LIL GUPPIES

7-18 MONTHS

Conditioning of beginning swim techniques like kicking, underwater submersions and back floats.

BIG GUPPIES

19-36 MONTHS

Building on previous skills to develop independent long swims, self rescue, back floats, and complete water comfort.

KIDS LEVELS

LEVEL 1

Brand New Swimmers

- Breath Control
- Independent Front Glide & Back Floats
- Beginner Self-Rescue
- Safety Roll

LEVEL 2

Water Safe Level

- Pizza Glides
- Kicking
- Glide Roll Swim
- Advanced Self-Rescue

LEVEL 3

Beginning of Competitive Technique

- Safety Skills Review
- Side Breathing Drills
- Backstroke Kick

LEVEL 4

Competitive Technique

- Side Breath Review
- Bilateral Freestyle
- Backstroke

LEVEL 5

High Level Swimmers

- Synchronized Freestyle & Backstroke
- Dolphin Kick

LEVEL 6

Advanced Competitive Technique

- Freestyle & Backstroke
- Breaststroke
- Butterfly

Scan to Sign Up!



SWIM TEAM PREP

Ages 4-18

Swim team prep class helps athletes build endurance while instilling fundamentals of participation on a team.



The Swim School Process

THE TOTAL SWIMMER

