

CRC SWIM LESSONS

Group Swim Lessons

6 Sessions (30 minutes each)

Levels:



Turtles -

Breath control, beginning floats, safety in entering/exiting pools.



Seahorse -

We will work on enhancing our floating, rolling over, submersions, and safety skills.



Clownfish -

We will add glides to our floating, treading water, back finning, and beginning freestyle.



Blue Gills -

Will introduce backstroke skills, enhance treading, and refine crawl.



Dolphins -

Focuses on strengthening strokes for a longer distance, add side stroke, and dolphin kicks.



Orca -

During this level we will transition to the deep end and add breaststroke, dives, and butterfly basics.



Shark -

Will refine all strokes and build strength for longer distance, dives, and turns.

Private Lessons

Focusing on the individual needs of each participant. We will match you with an instructor according to your needs and time of day you are available. One participant and one instructor.

5 Sessions (30 minutes each)

Semi-Private Lessons

Designed for two participants who are similar in age and skill level, with one instructor. Must be pre-approved by the Aquatics Center Manager or Assistant.

5 Sessions (30 minutes each)