



Mini Group & Private SWIM LESSONS

MINI GROUP LESSONS

\$55 Per Person

TUES – THURS • 30 minutes

5:30PM– 6PM & 6:15PM – 6:45PM

2 Weeks – Total of 6 classes

6 student minimum • One instructor

Session 1	October 3 - 12
Session 2	October 17 - 26
Session 3	November 7 - 16

PRIVATE LESSONS

\$110 Per Person

TUES – THURS • 30 minutes

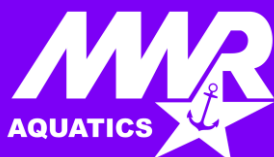
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REGISTER IN-PERSON AT THE NAS PATUXENT RIVER INDOOR POOL!



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Swim Lesson Descriptions

Preschool (Ages 3 - 5 years)

A parent, or other participant at least 16 years of age, is required to be in the water with the preschooler throughout each class. All Preschool level classes incorporate games and activities to encourage a fun and safe swimming experience.

STEP 1: This class is designed for children who are being exposed to a swim class for the first time.

STEP 2: Step 2 is designed for children who are continuing their swim training. Participants at this level have successfully completed the Preschool Step 1 swim course.

STEP 3: Step 3 is designed for children who are continuing their swim training. Participants at this level have successfully completed the Preschool Step 2 swim course.

Level 1: Water Exploration

This class is designed to help participants become familiar in the water, introduce basic rescue skills and teach water safety.

Level 2: Primary Skills

In this class, participants will learn to float without support, recover to a standing position, learn basic locomotive skills and expand upon the basic rescue skills learned in Level 1.

Level 3: Stroke Readiness

Building on the skills learned in Level 2, this class teaches the fundamentals of treading water, front and back crawl, introduce elements of the backstroke and additional safety skills.

Level 4: Stroke Development

This course helps swimmers develop confidence and increase endurance using familiar strokes, as well as, teaches the breaststroke, sidestroke and butterfly (dolphin kick). It also focuses on treading water as a safety skill.

Level 5: Stroke Refinement

In addition to teaching stroke coordination and refinement, this level also introduces swimmers to advanced safety skills, open turns, feet-first surface and poolside dive techniques.

Level 6: Fitness and Guard Start

Level 6 has two focus areas taught based on the student's interest. FITNESS focuses on polishing stroke techniques so the student is able to swim with ease, power and efficiency. Guard Start is for students interested in becoming a lifeguard at the age of 15.

If interested in becoming a certified Lifeguard, please contact us to be added to a wait list.



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