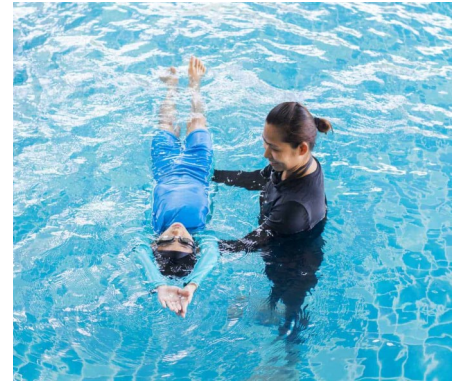


Swim Lessons



We pride ourselves on helping kids and adults be safer in and around the water.

- Learn basic swimming skills
- Improve skills and swimming strokes
- Swim for fitness

Private Swim Lessons:

We believe that learning water safety skills early on can help prevent accidents and can give children the tools they need in case an accident does occur. Our Swim Lessons are designed for any child beginner to advance from 2 years old and up. They will learn blowing bubbles, floating, jumping and kicking unassisted. They will also learn various swim strokes.

Semi-Private Swim Lessons:

Semi-private lessons teach cooperation and teamwork. Semi-Private Lessons include two swimmers and are only recommended if the participants are similar in skill level. When children learn how to swim with another peer, they engage in social interaction. This allows for bonding between the children, making learning more fun.

If your child has never had swim lessons before or is uncomfortable in the water, we suggest starting with a Private Swim Lesson first. This will allow them to get comfortable in the water and learn water safety skills with one-on-one instruction.

Adult Swim Lessons: (Private/Semi-Private)

Adult lessons are offered for swimmers of all levels—from fearful non-swimmers, to those wanting to learn the four competitive strokes, fine-tune their techniques, and learn to swim for fitness. Our trained swim lesson instructors work with each swimmer to reach their individual goals in a warm, thoughtful environment. Our private adult swim lessons give individual, focused attention so that we can help you accomplish whatever it is that your goals may be.

So, whether you want to overcome a fear or you want to learn the butterfly stroke, our instructors are committed to working with you.