

Where Do I Place My Swimmer?

The prerequisite for each class level is the successful completion of the preceding class level skills. If you are not sure which level is correct for your swimmer, please call 630-1106 to schedule a skills evaluation.

Class Policies and Procedures:

Participants must have previous level certificate or be able to demonstrate those skills on the first class meeting.

Participant will not be permitted to participate in a class beyond their skill level regardless of registration. Participants will only be transferred to the appropriate class if space is available.

Please keep in mind the possibility of student progression when signing up for multiple sessions.

Parents are required to stay within the Aquatic Complex during their swimmer's lesson.

To prevent distraction, parents should refrain from interacting with their child during the lesson.

Instructor to student ratios:
Level 1/1P-Level 3/3P is 1:6.
All remaining classes: 1:10. Classes may be cancelled, combined and/or changed at management's discretion.

Please call the weather hotline (561-630-1127) for weather cancellation updates. Classes may be held in a classroom due to inclement weather. In the event a class is cancelled by management, five minutes will be added on to the remaining lessons for that session. This will only be done for one cancelled lesson.

Please plan your schedule carefully. There are no make-up lessons or credits for missed classes.

Parent and Tot

Ages: 6 months to 3 yrs

Objectives: This class is designed to develop the child's level of comfort in and around the water and is not intended to be a "learn to swim" program. Parents will be provided with techniques to orient their child to the water. A parent or guardian is required to be in the water with the child at all times.

Level 1P Ages: 3-5 yrs

Level 1 Ages: 6-12 yrs

Orients children to the aquatic environment and teaches them basic aquatic skills. *Must be able to leave parent willingly, follow directions, and behave appropriately in a class setting.*

Objectives: Blowing bubbles; submerging mouth, nose and eyes; opening eyes under water and retrieving objects. Front and back floats with assistance.

Level 2P Ages: 3-5 yrs

Level 2 Ages: 6-12 yrs

Objectives: Float on front and back independently. Submerging, holding breath, bobbing and retrieving objects. Alternating arm and leg actions on front and back.

Level 3P Ages: 3-5 yrs

Level 3 Ages: 6-12 yrs

Objectives: Front crawl and elementary backstroke. Rotary breathing, flutter, scissors, dolphin and breaststroke kicks. Build on fundamentals of treading water.

Level 4 Ages: 6-12 yrs

Objectives: Swimming front crawl and elementary backstroke for greater distances. Build upon scissors kick and dolphin kick; adding arms for butterfly. Backstroke and breaststroke are introduced.

Little Makos Ages: 4-5 yrs

Junior Makos Ages: 6-12 yrs

Objectives: Front crawl, backstroke, butterfly, breaststroke and elementary backstroke. Flip turns for front and back are introduced.

Adult Beginner

Ages: 13 and up

Swimmers will be taught to their level which may include submerging mouth, nose and eyes, front and back float, alternating arm and leg action, gliding and survival swimming.

Private swim lessons

Ages: 6 months and up

Fee per half hour:

\$40 Residents/\$52 Non-Residents

6 lesson pass*:

\$210 Residents/\$282 Non-Residents

*30 mins each, 3 month expiration