



Water Babies

● 6-36 months

Parents will work with the swim instructor to teach their child basic water skills. For example: kicking, blowing bubbles, holding breath underwater, floating and being able to hold onto the side of the pool. Child will acquire water confidence and safety while you and your child interact by singing songs and playing with water/child-safe toys.

Tuesdays: 11-11:30am

Jan 10 - Mar 13

Beginner Swimmers

● 2-3 years old

A class for children who are ready to be in the water without a parent. Child will learn basic water skills. For example: kicking, blowing bubbles, holding breath underwater, floating and being able to hold onto the side of the pool, as well as acquiring water confidence and safety.

Tuesdays: 11:30am - Noon

Jan 10 - Mar 13

Intro Level - Basic Skills

● 4-5 years old

Introduction to proper kicking and arm stroke technique, floating and water safety. Little or no swim experience required. Practicing kicking and arm stroke technique, floating, kicking on their back and water safety. Introduction to treading water.

Tuesdays: 4:30 - 5pm

Jan 10 - Mar 13

Level III - Stroke Skills

● 6-9 years old

Learn the skills to swim freestyle, backstroke, elementary backstroke and treading water. Introduction to breaststroke.

Wednesdays: 5 - 5:30pm

Jan 11 - Mar 14

Level IV - Stroke Development

● 6-12 years old

Build endurance by swimming freestyle, backstroke, elementary backstroke and breaststroke. Introduction to butterfly.

Wednesdays: 5:30 - 6pm

Jan 11 - Mar 14

SWIM CLUB. Club One Fitness Kids Swim Group

● 6-12 years old

Must be able to swim freestyle, breaststroke, and backstroke at least 50 yards (one lap) and have knowledge of butterfly.

Child will also be introduced to racing starts, flip turns and diving.

Mondays: 4:00 - 4:45pm

Jan 9 - Mar 12

Member Fees:

Water Babies, Beginner, Intro
Level 3, Level 4

\$120 (one child)

\$110 (2nd child)

\$100 (3rd child)

Swim Club

\$240 (one child)

\$230 (2nd child)

\$220 (3rd child)