

# Adult (14+)

## Course Overview



**Swim lessons and water  
safety for teens and  
adults**

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### **Beginner:**

**No entry skill requirements**

Introductory swim lessons for complete beginners- no previous experience required! This class focuses on learning the basics: water adjustment, basic breath control, floating and kicking.

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### **Intermediate:**

**Entry skill requirements: Must be able to tread water for 1 minute, be comfortable putting face in the water and able to swim 1 length (25 yards) of elementary backstroke independently**

Builds on the skills learned in the beginner class to introduce whole swim strokes. Emphasis on kick technique and gaining confidence working in deep water.

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### **Advanced:**

**Entry skill requirements: Must be able to jump into deep water, resurface independently and swim to the wall, tread water for 2 minutes continuously and swim 1 length (25 yards) with sustained good kick technique in flutter kick, whip kick and dolphin kick.**

Teaches breaststroke and sidestroke in addition to building stamina in front crawl and backstroke. Introduces turns, transitions and dives

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### **Stamina training:**

**Entry skill requirements: Competent in all 4 competitive swim strokes.**

Get your swim workout in! This class focuses on building endurance and aerobic fitness for those with a strong swim background.