

Parent & Child: 8 months – 4 years old:

This class is designed to get children use to the water, by introducing the following activities:
Water Entry * Exploring the pool * Front Kick * Bubble Blowing * Arm Scooping
Support Back & Front Floats * Back Kick * Increase Comfort in the Water * Safety

ST. Clair: (level 1): Introduction to Water Safety Recommended age: 4 &5

Basic water introduction skills; able to following group setting instruction
Comfortable Floating on Front and Back with Support
Comfortable submerging face in water for 3 seconds;
Capable of demonstrating front crawl (freestyle) arm actions
Capable of demonstrating coordinating kicking action for front crawl

Erie: (level 2): Primary Skill Development: Recommended age: 6 - 8

Capable of floating on front and back without support, and return to standing position
Capable of demonstrating push offs from the pool wall into a glide on front and back
Capable of demonstrating coordinating arm and leg actions on front *for front crawl stroke development**
Capable of demonstrating coordinating arm and leg actions on back *for back crawl stroke development**

* Ontario (level 3) works on stroke development defining skills

Ontario (level 3): Stroke Development: Recommended age: 7 -9

Building on Erie skills: Defining Skills in Front Crawl & Back Crawl; Increase yardage
Introduce elements of Butterfly: Fundamentals of Treading water
Introduction of Diving from side of pool, along with water safety of head first entries

Huron (level 4): Stroke Improvement Recommended ages: 8- 11

Improve skills, increase participants endurance and yardage in Front Crawl and Back Crawl
Continue to build elements of Butterfly : Introduce Elementary Backstroke: Introduce Breaststroke
Introduce Sidestroke: Introduce Wall Turns

Michigan (level 5): Stroke Refinement Recommended ages: 9 -12

Coordination and Refinement of all the strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke): Increase yardage in all strokes: Flip turns on the front and back are introduced
Starts are introduced : Diving Refined

Superior (level 6): Swimming and Skill Proficiency Recommended ages: 10- 15

Students entering this course must be able to demonstrate all elements of Michigan swim class.
Increase yardage, endurance and stroke efficiency
This class is designed for participants interested in competitive swimming, and/ or considering becoming a Lifeguard

Facility Reminders:

Children 5 years and older are required to use gender specific locker rooms, we do have hallway bathrooms or side pool entry

Parents are required to remain the facility during lessons; During open swim 12 and under must have adult supervision

No on Deck spectators during swim lessons (st.clair – superior)

Refund Policy

100 % within 5 days prior to class start date

50% day prior to class start date

0% day of class start or during session