

Learn-to-Swim Program

Learn-to-Swim offers something for everybody. A unique five-level instructional approach is unlike anything offered by other aquatic training programs.

The prerequisite for each level is successful demonstration of the skills from the preceding level, except for Pre-Beginners (level 1) which has no prerequisite. Each level of Learn-to-Swim includes training in basic water safety and helping others in an emergency, in addition to the skills outlined below.

Parent-Toddler Aquatics – Developed for children 6 months to 5 years of age, parent-tot classes build swimming readiness by emphasizing fun in the water. Parents and children participate in several guided practices that help children learn elementary skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration, and more!

Pre-Beginners (Level 1 Introduction to Water Skills) – For students 4 to 5 years of age. Helps students feel comfortable in the water. Pre-Beginner students learn to enter and exit water safely, blow bubbles, submerge the face, front and back float with support, recover from floats, front and back glide with support, alternating and simultaneous arm and leg actions with support, and how to use a lifejacket. Please note the Pre-Beginner class size will be limited due to age.

Beginner (Level 2 Fundamental Aquatic Skills) – Students will learn basic swimming skills. Beginner students will learn how to enter and exit the water safely from a greater depth, fully submerge and hold breath, jellyfish float, tuck float, back float, recover from floats, front glide, back glide, rolling from front to back, combined arm and leg actions on front and back, and tread water using arm and leg motions in chest deep water.

Advanced Beginner (Level 3) – Builds on the skills in level 2 through additional guided practice. Advanced Beginner participants learn front crawl, elementary backstroke, breaststroke, treading water, shallow-angle dive, tuck-surface dive, and perform the HELP and Huddle position.

Intermediate (Level 4) – Develops confidence in the skills learned, improves their stroke, and gains additional aquatic skills. Students will refine the front crawl, elementary backstroke and breaststroke, learn to back crawl, butterfly, sidestroke, front and back flip turns, and underwater swimming.

Swimmer/Advanced Swimmer (Level 5 & 6 Stroke Efficiency) – Provides further coordination and refinement of strokes so students swim with ease, efficiency, power, and smoothness over greater distances. Students will work on efficiency and proper technique of all strokes and diving, as well as treading water for extended periods of time.

Adaptive Swim Lessons – Adaptive and adult swim lessons are available upon request for children and adults with special needs. See Pool Manager for details.

Maximum number of participants is based on each level but is generally between 8-10 students.

Please do not register for multiple sessions unless you would like your child to repeat levels. It's best to wait until your child has completed a session and has gained all necessary skills to advance.

Children ARE NOT allowed to be in the pool except for their lesson time. If you are waiting for another child, you will be kindly asked to keep your child out of the pool. This is for the safety of everyone.

Weather related announcements will be made on our Penny & Myra Eckstein Municipal Swimming Pool Facebook Page (be sure to Like and Follow us for the latest information) and on our answering machine. We will do our best to make decisions 30 minutes in advance. Our number one priority is safety.