

Group Swim Lessons:

Aqua Tots – (age's approx. 8 - 35 months) for infants and toddlers **up to 2½ years old with at least one participating parent**. Children should be able to support their own heads in an upright position while lying on their stomachs. This class is designed to help parents increase their comfort level and knowledge of safe, effective practices when working with their young children in and around the water. This class also works to increase your child's comfort level and develop his/her readiness skills for learning to swim. More than one adult is allowed to participate with the child. A one-to-one ratio is required for this class. Both parents are welcome to participate. Classes are 30 minutes each. Class size to 9 children with parents.

Aqua Tots 2 – (age's 24 - 35 months) This class that has been custom designed by our instructional staff for our older toddlers. Parent participation is required. **Children must be between 24 and 35 mths old to participate**. This class will include all of the skills of Aqua Tots and then will help children develop more swimming independence as the class progresses. We will use a variety of games and strategies to increase your child's comfort level and readiness for beginning swimming. Children will learn to submerge their faces, kick with and without support, float, and understand the basics of pool safety. Classes are 30 minutes each. Class size to 9. Parent participates.

Primary Classes – 3-5 yrs old – Class sizes Are Limited

Please note that these classes are not appropriate for the child who may have difficulty following directions in a group setting. Regardless of ability, children must be able to sit on the pool edge, listen to directions, and takes turns to be successful in the Primary level classes.

Primary 1 – (ages 3-5) For children 3-5 years old who may or may not be fearful of the water and have **little or no experience in the water**. This class uses games to teach students in a low-pressure environment. Skills include basic water acclimation, putting face in the water, blowing bubbles, floating and kicking with support.

Primary 2 – (ages 3-5) For children 3-5 years who are **not fearful of the water and are able to fully submerge their faces in the water**. This class uses games and various water activities to teach basic early swimming skills. Skills include bobbing, underwater exploration, basic arm and leg movements for the crawl stroke, floating, changing positions.

Primary 3 – (ages 3-5) For children 3-5 years who **are able to swim a distance of 5-10 feet in deep water**. This class uses games and various water activities to teach progressive swimming skills. Students will refine the skills needed to correctly perform the front crawl and elementary backstroke. Skills will also include treading water, changing positions and beginner diving.

Youth Classes – 6 yrs old and up – Class sizes Are Limited

Youth 1 – (ages 6 yrs. and up) For children **6 years and older who have little or no experience** swimming. This class is designed to progressively teach skills using games and repetition. Skills include bobbing, underwater exploration, and basic arm and leg movements for the crawl stroke, floating and changing positions.

Youth 2 - (ages 6 yrs. and up) For children **6 years** and older who are very comfortable submerging their faces and know how **to swim a distance of 10 feet unsupported** by flotation devices or adult assistance. This class uses a progressive approach to teach proper arm and leg movements, beginning breathing, floating, backstroke and deep water swimming.

Youth 3 (formally Youth 2 advance) - (ages 6 years and older) For children 6 years and older who are very comfortable in the deep water and know how to swim a distance of at least 15 meters unsupported by a flotation device or adult assistance. This class teaches the proper arm and leg movements and will concentrate on the correct breathing technique. Swimmers should be comfortable swimming on their backs. Teachers are rarely in the water for this class.

Non Competitive Swim Team

Stroke & Endurance Development (formally Youth 3) - (ages 6 yrs. and up) This class is designed for students who are able to swim the length of the pool (25 yards) without assistance. Focus is on the proper mechanics of the front crawl (freestyle), back crawl (backstroke, diving, and will introduce breaststroke and butterfly. Students will work each day with a conditioning routine of lap swimming.

Sport Fit's Non Competitive - Swim Team Practice is a rigorous one hour swim practice focusing on competitive swimming technique and endurance. This advanced practice group is ideal to help keep your child in great physical shape as well as well as summer league competitive swimmer who may not swim with a year round club, but want to be more competitive in the summer league (or high school team) with improved skills and conditioning.

A Group – Minimum Requirement: Able to swim 50-100 yards freestyle and 50 yards backstroke

B Group Minimum Requirement: Able to swim 200 yards freestyle, 100 yards backstroke and breaststroke and 50 yards fly

Adult Classes (14-16 year olds should receive special permission to register)

Adult 1 – This class addresses the unique needs of the adult student. It utilizes a variety of teaching strategies to help adults work-through fears, learn skills, and practice key elements of the crawl stroke and back float/stroke. Group dynamics will include large group, small group, and individualized instruction to allow for a variety of levels within the scope of beginning swimming. This class is ideal for “scaredy cats” and “dog-paddlers”.

Adult 2 – Students who have an understanding of the basics but are unable to put it all together for lap swimming are ideal candidates for this intermediate level course. Students should be comfortable putting their face in the water and should already know how to kick and move their arms to make some progress. Great focus will be placed on proper form, rhythmic breathing, and building skills to prepare for swimming laps.

Adult 3 - This class has been custom designed for adults who know the basics of swimming. Ideal candidates for the Level 2 class are comfortable in deep water and know how to swim a minimum of one continuous lap. Instruction will focus on refining the front crawl with special attention to breathing, backstroke, breaststroke, and treading water. Whether you can swim one lap or one mile, the highly individualized instructional approach of this class makes it challenging for each participant at his/her personal readiness level.

Adult Endurance – This one hour class will concentrate on improving your swim technique, endurance, and breathing for open water swims and how to become a more efficient swimmer. Great for anyone wanting to improve their swim (other strokes will be introduced) and for those getting ready for triathlon season! Must be very comfortable in the deep water and able to swim at least 100 yard freestyle and be comfortable on back.

Private Swim Lessons All Levels:

In addition to our Group Lesson program, Sport Fit recognizes that some people have a need for individualized training in order to be successful. Contact our Aquatics Director Mike Rac for more information and to schedule private or semi-private sessions.

Aquatic Exercise

Pools are not just for swimming anymore! Many forms of exercise, from yoga to running to physical therapy have taken to the water, joining traditional swimming as among the world's most popular fitness programs. Whether you are pregnant, recovering from an injury or simply want to try a new way to get fit, we have an aquatics program that will suit you.

We offer over 20 water aerobic classes throughout the week with a wide variety of styles. Try our high energy total water workout or the challenge of deep water jogging. Perhaps the therapeutic aqua arthritis class or our water yoga classes are what you need. Whatever your preference, we have a class to suit your style.

Swimming builds strength and endurance, promotes weight loss, and provides a life-saving skill. And it's a low-impact form of exercise. Swimming utilizes the natural buoyancy of water so that no pressure or strain is placed on working muscles and joints. We offer classes based on age and skill level and are taught in levels of progression to enhance learning and ensure water safety.