

Where should I place my child?

Follow these guidelines when registering for swim lessons

Each student progresses at a different speed in learning aquatic skills which is dependent on a number of factors including class attendance, coordination development, water familiarity and outside practice. In addition, a child's stage of development may influence his or her ability to learn aquatic skills. Students often repeat a level several times before mastering skills required for advancement. It is important to understand that repeating a level does not constitute failure. Mastering skills takes time, practice and patience.

<i>Enroll in:</i>	<i>If participants can:</i>	<i>Course Objective</i>
Parent- Child Class ----- ages 6 months to 5 years This classes are NOT designed to teach children to become good swimmers or even to survive in the water on their own. The goal is merely to orient children with the water and to educate parents or guardians about safe water activities		
Aqua Explorers	This is a parent-child class, no previous swimming ability required for the child.	Comfort, water acclimation skills and water safety skills
Preschool Swim Lessons ----- ages 3 years to 5 years These classes are NOT designed to teach children to become good swimmers or even to survive in the water on their own. The goal is merely to orient children with the water and to educate parents or guardians about safe water activities.		
Tugboats	<i>leave parent willingly</i> ; are comfortable in water and can follow directions in a small group setting	Comfort and safety in water; Elementary swim skills and respect for and adjustment to water
Speedboats	front float with face in the water for 3; seconds and back float with support for 3 seconds	Independent swimming skills are taught and improved upon
Submarine	fully submerge head and can swim 5 yards on back and front without support	Master ability to jump into the water and swim 15 yards with face in the water and swim 15 yards on back
School Age Swim Lessons ----- ages 6 years to 13 years The objective is to teach students to be safe in, on, and around the water. Progression through the levels will teach and review; water adjustment, buoyancy, water entry and exits, skill development, turns, personal safety, and rescue techniques. Not every level includes teaching skills in all of the above categories.		
Tadpole	leave parent willingly; is comfortable in the water & can follow directions in a small group setting	Comfort and safety in the water; Elementary swim skills and Respect for and adjustment to water
Goldfish	front float with face in the water for 3 seconds and back float with support for 3 seconds	Beginner swimming skills; front and back floating without support and comfort with alternating leg and arm motion
Seahorse	swim 5 yards on back and front without support and is able to use alternating leg and arm motions	Learn rotary breathing, diving from the side of the pool and treading water and deep water safety skills
Seal	swim freestyle and backstroke one full length of the pool	Development of swimming endurance; Learn a variety of strokes and kicks and feet first surface dives
Stingray	swim multiple lengths of freestyle, backstroke and breaststroke with proper breathing technique and can swim sidestroke & butterfly	Coordination and refinement of learned strokes and learn flip turns and pike and tuck surface dives
Barracuda	can swim multiple lengths of all strokes and can perform flip turns and surface dives	Increase of swimming endurance and efficiency of all strokes, turns and diving techniques

Still not sure where to place your child?

Swim Lesson Evaluations

Combination swim skills evaluation and open recreation swim. An experienced GPCC Water Safety Instructor will be available to evaluate participants' swim ability and recommend the appropriate class. After evaluation participants are encouraged to stick around for an open swim in our fantastic Leisure Pool. Check Leisure Visions for dates.