



2026 Summer Swim Lesson Schedule

9:00am-9:30am

Level 4 Swim Lessons: (Swim Test May Be Required)

*To enter this class, child **MUST** be able to complete the following:

- 10 Deep water bobs
- Swim 20 yards on front and back
- Tread water for 2 minutes
- Retrieve object in deep water
- Backstroke and front crawl

Level 2 Swim Lessons: (Swim Test May Be Required)

*To enter this class, child **MUST** be able to complete the following:

- Blow bubbles with face in water
- 5 bobs
- Float on front and back
- Front and back glides
- Flutter kick front and back
- Turn over front to back and back to front
- Beginning front and back crawl

9:45am – 10:15am

Level 3 Swim Lessons: (Swim Test May Be Required)

*To enter this class, child **MUST** be able to complete the following:

- Open eyes underwater
- Pick up submerged object 3 times
- 10 bobs
- Front crawl and backstroke width of the pool
- Jump from side into deep end of pool
- Jump off diving board and swim to pool side
- Tread water for 30 seconds

Level 1 Swim Lessons: (Swim Test May Be Required)

*To enter this class, child **MUST** be able to complete the following:

- Blow bubbles
- 3 bobs
- Kicking feet
- Front and back float with assistance
- Superman glides on front
- Turning over back to front and front to back
- Jump in from pool side

10:30am-11:00am

Level 2 Swim Lessons: (Swim Test May Be Required)

*To enter this class, child **MUST** be able to complete the following:

- Blow bubbles with face in water
- 5 bobs
- Float on front and back
- Front and back glides
- Flutter kick front and back
- Turn over front to back and back to front
- Beginning front and back crawl

Level Pre-1 Swim Lesson:

*For children who have not have any swim lessons previously, or who are not yet at Level 1 abilities.

11:15am – 11:45am

Level 1 Swim Lessons: (Swim Test May Be Required)

*To enter this class, child **MUST** be able to complete the following:

- Blow bubbles
- 3 bobs
- Kicking feet
- Front and back float with assistance
- Superman glides on front
- Turning over back to front and front to back
- Jump in from pool side

Level Pre-1 Swim Lesson:

*For children who have not have any swim lessons previously, or who are not yet at Level 1 abilities.

Session Dates:

All sessions are two-week blocks, Monday-Thursday

- Session 1: June 15 – June 25
- Session 2: June 29 – July 9
- Session 3: July 13 – July 23
- Session 4: July 27 – August 6
- Session 5: August 10 – August 20
- Session 6: August 24 – September 3

Time	Lesson Level	Lesson Level
9:00-9:30am	Level 4	Level 2
9:45-10:15am	Level 3	Level 1
10:30-11:00am	Level 2	Level Pre-1
11:15-11:45am	Level 1	Level Pre-1