WHAT TYPE OF CLASS ARE YOU LOOKING FOR?

PARENT & CHILD
Class ratio is 1 instructor to 6 pairs only 1 adult can enter the water per child.

GROUP
1 instructor to 4-6 swimmers

ADULT
1 instructor to 6 swimmers
ages 15+

PARENT & CHILD 1
5M-3YRS
Swimmers gain water comfort & basic safety skills.

PARENT & CHILD 2
1.5 YRS-3YRS
Swimmers gain water comfort while prepairing to move into group classes.

3 YRS - 5 YRS

6 YRS - 14 YRS

BASIC
Swimmers build their confidence in a positive supportive environment, while learning the basics of swimming .

STROKE IMPROVEMENT
Swimmers who want to improve on what they already know and improve their swimming techniques and learn new strokes.

Can they comfortably put their face in the water?

Are they comfortable with putting their face underwater?

NOT YET → **PRE 1**

NOT YET → **YOUTH 1**

YES ↓

YES ↓

Can they float independently on their front and back?

Can they float independently on their front and back?

NOT YET → **PRE 2**

NOT YET → **YOUTH 2**

YES ↓

YES ↓

PRE 3

Can they breath to the side while swimming freestyle?

NOT YET → **YOUTH 3**

YES ↓

YOUTH 4

PRIVATE LESSONS
1 instructor to 1 swimmer ratio.

DOLPHIN SWIM PREP
An advanced class to improve endurance and stroke mechanics.
1 instructor to 8 swimmers. Swimmers must be evaluated to enter this class.

Antioch Water Park