

AQUAADULT SWIM LESSONS

AquaAdult Level 1

To develop or increase your comfort in the water through basic floatation, movement, and breathing skills, and to introduce or enhance water safety knowledge and skills relevant to each student.

AquaAdult Level 2

To develop one or more swimming strokes, working toward proficiency and increased endurance, and to introduce or enhance water safety knowledge and skills relevant to each student.

AquaAdult Level 3

To maintain or increase your fitness through stroke improvement in a distance swimming setting, and to introduce or enhance water safety knowledge and skills relevant to each student.

