

LRCC Swim Lesson Class Levels

Starfish: This water exploration class is for the Pre-Beginner (ages 3 & up). Starfish will be introduced to floating (supported), bubble blowing and putting their faces in the water.

Eel: This class is for the beginner swimmer. Eel's will learn skills such as floating on front and back for 5 seconds without assistance, kicking in a streamline position and safety skills.

Stingray: This Stroke Readiness class is for the advanced beginner. Stingray's will retrieve objects, tread water, jump into the deep end, introduced to freestyle swimming and learn freestyle breathing.

Shark: This is where swimmers develop their swimming strokes. They will learn Standing front dive, Freestyle, Backstroke and Breaststroke kick.