

WaterPLAY!

0 - 6 Months

Swim with Mom and/or Dad! Introduce your baby to the water and bond in a relaxed, yet structured atmosphere. During this water acclimation class, parents and children learn water safety skills together, and our instructors will provide tips to keep your little one water-safe. WaterPLAY is an introductory class designed to instill comfort in water at a very early age. **FlexCLASS available!** (This class is a parent participation class).

WaterBABY!

6 - 36 Months

Swim with Mom and/or Dad! This swim class is our core developmental program at Waves Swim Academy, for children under 3. The focus of this class is helping your little swimmer safely gain confidence in the water and prepares them for instructor-led classes (Red, White and Blue Waves). (This class is a parent participation class).

SwimSAFE! 1

6 - 36 Months

Private 1:1 Class

A specialized, one-on-one course designed to teach self-rescue skills. Based on the PediaSwim curriculum, this comprehensive class will teach infants and toddlers to swim-float-swim for fun and safety. Children learn to swim face down, kicking in the correct posture, then roll to a calm back float, then flip back over to a propulsive swim. **Coming March 2020!**

SwimSAFE! 2

6 - 36 Months

A class is designed for graduates of SwimSAFE 1. Little swimmers under age 3 will continue to develop safety and age-appropriate swimming skills. Children's abilities and experience can be so varied at this age, instructors will customize skill development to ensure every swimmer makes effective progress and achieves results. **FlexCLASS available!** Maximum 3 swimmers per class. **Coming April 2020!**

RED WAVE 1

Ages 3 - 4

Swimmers will learn important water safety skills along with key foundational swimming technique, buoyancy and breath control, maintaining a back float position, and kicking for self propulsion. In this class we begin a swim-float-swim technique progression.

FlexCLASS options! Maximum 4 swimmers per class.

RED WAVE 2

Ages 3 - 4

Swimmers will learn to rotate from front to back, back to front, kick on their back, and propel themselves across our teaching pool. Children will begin the foundations of the freestyle stroke including proper breathing technique. This class will continue to focus on the swim-float-swim technique for your child, as well as lifesaving skills, lifejacket sizing and use. We will focus on building strong, independent swimmers who can safely and effectively swim the length of our teaching pool. **FlexCLASS options!** Max 4 swimmers per class.

WHITE WAVE 1

Ages 5 - 6

For newer swimmers, ages 5 - 6. Swimmers will learn water safety and foundational swimming skills. Focus is placed upon buoyancy and breath control, maintaining a back float position, body position and kicking for self propulsion. Swimmers will also learn to rotate from front to back, back to front, kick on their back, and to propel themselves across our teaching pool. Swimmer and parents will also be shown proper lifejacket sizing and use. **FlexCLASS options!** Maximum 4 swimmers per class.

WHITE WAVE 2

Ages 5 - 6

Swimmers will learn proper side-breathing freestyle and continue to develop their backstroke. Breaststroke and poolside diving progression (sit-kneel-stand) will also be introduced. A component of this class is focused on building swimming endurance and confidence. Students will spend time swimming in our 25 yard competition pool. **FlexCLASS options!** Maximum 4 students per class.

WHITE WAVE 3

Ages 5 - 6

Swimmers will continue to develop their freestyle, backstroke, breaststroke and poolside diving. Students will also begin learning effective dolphin kick (foundational to the butterfly stroke). Time will be spent in our 25 yard competition pool. Once swimmers successfully complete this class, each swimmer will receive an overall assessment to help determine the best next step for each swimmer. Options include our Blue Wave program to further develop swimming skills, trying out for the swim team, or any other advanced program. **FlexCLASS available!** Maximum 6 swimmers per class.

BLUE WAVE 1

Ages 7 - 12

For newer swimmers, ages 7 - 12. Swimmers will learn water safety, foundational swimming skills and stroke technique. Once key safety skills are in place, students will focus on freestyle, backstroke, breaststroke, dolphin kick and poolside diving. **FlexCLASS available!** Maximum 6 swimmers per class.

BLUE WAVE 2

Ages 7 - 12

This class is designed for swimmers who want to continue to develop stroke technique and become stronger overall swimmers. Blue Wave 2 will focus on developing a stronger freestyle, backstroke, breaststroke and butterfly. A 25 yard lane in our competition pool will be used for this class. **FlexCLASS options!**