

GG AQUATICS SWIM CLASSES

ALL GROUP CLASSES \$60

PARENT & CHILD AGES: 6 MO- 3YRS

For children ages 6 months to 3 years. Parents and children participate in guided practice with emphasis on fun, comfort, and swimming readiness. This course does not teach children to be accomplished swimmers nor to survive in the water. Swim diapers are required. One adult, 18 years of age or older, must accompany the child in the water.

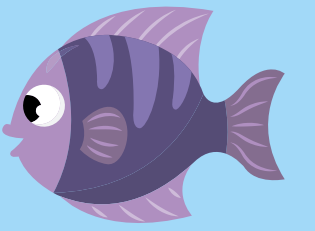


SWIM CLASSES

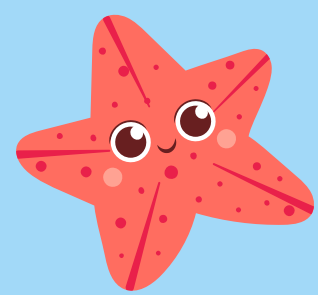
AGES: 6-15

GUPPY (LEVEL 1)

This class is for new swimmers ages 6-15. Guppy class introduces swimming and water safety to children with little or no previous swimming experience. This level helps children build confidence, swim on front and back short distances by themselves, and develop safety skills in and around the water.



PRESCHOOL CLASSES AGES: 3-5



STARFISH (LEVEL 1)

This class is for new swimmers ages 3-5. Starfish class introduces swimming and water safety to children with little or no previous swimming experience, who are comfortable in the water without parental assistance or floatation devices. Swim diapers are recommended.

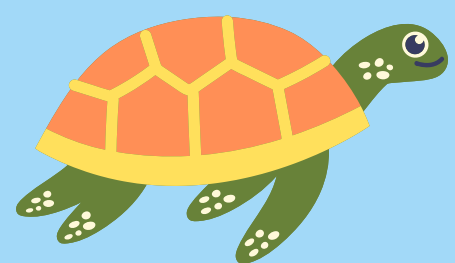
TADPOLE (LEVEL 2)

For children ages 3-5 who have passed Starfish level and are totally comfortable in the water and eager to start swimming independently. Children who are ready for Tadpole class can:

- Completely submerge themselves under the water.
- Float on their front and back for more than 3 seconds with minimal support.
- use arms and legs to propel themselves forward in the water.

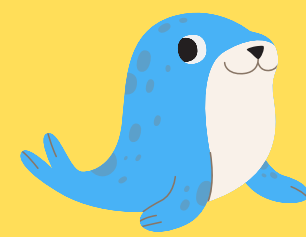


SEA TURTLE (LEVEL 3)



For children ages 3-5 who have passed Tadpole level and are swimming independently. Children who are ready for Sea Turtle class can:

- Swim unassisted on their front for about 10ft.
- Comfortably roll from their front to back, independently.
- Understand and be able to employ basic swimming mechanics for the backstroke.

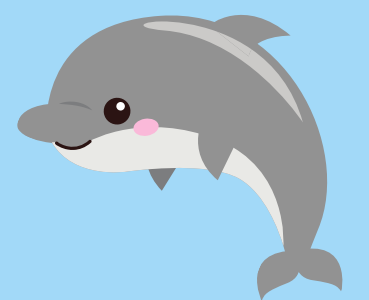


SEAL (LEVEL 2)

For children 6-15 who have passed the Guppy or Sea Turtle level. This class is for children who can swim 15 feet by themselves on their front and back. New skills include side breathing, treading water, and elementary backstroke.

DOLPHIN (LEVEL 3)

For children 6-15 who have passed the Seal level. Designed for children who can swim both front and backstrokes for at least 30 feet, jump into deep water, and tread water. New skills include introduction and development of the breaststroke kick and dolphin kick and beginning mechanics of flipturns.



BARRACUDA (LEVEL 4)

For children 6-15 who have passed the Dolphin level, or are able to swim 15 yards (45ft) of unassisted freestyle with side breathing, and backstroke. New skills include breaststroke and butterfly strokes, flip turns and open turns. Barracudas also focus on increasing swim stamina.

ADULT BEGINNERS

AGES 15+

Ages: 16+
This class is for new or inexperienced swimmers ages 16+ Our Adult Beginners class is designed to help participants gain basic aquatics skills and swimming strokes while learning to stay safe in and around the water.



VOLUNTEERS

Youths ages 12-16, who are better than average swimmers can volunteer to assist our swim instructors during class. Please speak to a pool manager for more info.

ALL PRIVATE CLASSES \$200-\$360

Ages: All

Private swim lessons are personalized to each student's ability. Our instructors help kids and adults become more comfortable in the water while enhancing their swimming and water safety skills. These personalized lessons are ideal for students who learn better with individual attention, individuals with special needs, and students who have specific swimming goals.

Private single student \$200 - Semi private with 2 students \$280 - Semi private with 3 students \$360

