

Parent and Infant, Starfish – Starfish are children 6 months to 2 years of age. The goal of this class is to provide experiences and activities for both parent and child to increase their comfort in the water. Children will learn basic arm and leg motions and how to blow bubbles with parental assistance. Songs and playtime are used so that children and parents are able to participate. Parent participation in the water is required for each child. Class runs 30 minutes.

Parent and Tot, Seahorse – Sea Horses are children 18 months to 3 years of age. Children will explore and develop basic swimming skills while gaining confidence going under water. Other skills developed in this class include retrieving submerged objects and floating with support. Parent participation in the water is required for each child. Class runs 30 minutes.

Lil' Water Discoverers I (Preschool 1-2) – There are no prerequisites for enrollment. The goal of this class is to promote comfort in the water without a parent. Participants will be introduced to beginning swimming skills such as floating and gliding on their front and back. Lessons are designed to make learning fun while covering safety topics. Class runs 30 minutes.

Lil' Water Discoverers II (Preschool 2-3) – Each Discoverer should already be comfortable enough in the water to get their face wet. In this class children will focus on front and back floats in addition to basic swimming movements without assistance. Children will learn about safety around swimming pools and other aquatic areas. Class runs 30 minutes.

Water Pioneers (Level 1-2) – Beginner swim level. Each Pioneer should be comfortable enough in the water to get their face and head wet. Goals include: comfort in the water, floating on front and back without support, and coordination of arms and legs for basic swimming propulsion. Lessons are designed to make learning fun while concentrating on safety in and around the water. Class runs 50 minutes.

Water Explorers (Level 3-4) – Intermediate swim level. Each Explorer must either have passed the Water Pioneers course or be able to swim 15 feet on both front and back. In this class students will improve upon their front and back crawl while learning the breast and butterfly strokes. Goals include: increasing swimming endurance, treading water, safe diving, and the basics of turning at the wall. Class runs 50 minutes.

Water Adventurers (Level 5-6) – Advanced swim level. Participants must have passed Water Explorers or be able to successfully swim 15 yards using all swimming strokes. Adventurers will perfect strokes and build endurance so that they may swim with ease and efficiency. Advanced turns and diving will also be taught. Class runs 50 minutes.

Aquanauts – The RAC's most advanced swimming class offered. Course focus is centered on stroke mechanics and other advanced swimming techniques. Aquanauts is a great class for those looking to perfect their swimming strokes while working to enhance overall swimming ability and endurance. Aquanauts should be able to demonstrate each swimming stroke a distance of 25 yards, or have passed the Water Adventurers class. Class runs 50 minutes.

Adult Swim – In this swim class participants will be assessed based on their skill level. The course will be adjusted to meet the ability of each participant. The focus of this class is to build comfort in the water while increasing stroke efficiency. Class runs 50 minutes.

*Private Lessons are always available!
Please call (734) 942-2223 for details.*

