

Swim Course Descriptions

Parent and Infant, Starfish – Starfish are children 6 months to 2 years of age. The goal of this 30 minute class is to provide activities for both parent and child to increase their comfort in the water. Parent participation in the water is required for each child.

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.

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 on their front and back. Lessons are designed to make learning fun while covering safety topics. Class runs 30 minutes.

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 I (Beginner) – Each Pioneer should be comfortable enough in the water to float on their back and go under water. Goals include: comfort in the water, gliding on front and back without support, and coordination of arms and legs for basic swimming propulsion. Class runs 50 minutes.

Water Pioneers 1.5 (Beginner) – Pioneers 1.5 is designed for beginner swimmers between the ages of 8 and 14. Instructors will focus on confidence in the water in addition to fundamentals of freestyle, backstroke and elementary backstroke. Goals include swimming with little to no assistance in deep water and diving. Class runs 50 minutes.

Water Pioneers II (Beginner) –Pioneers II swimmers should have passed Pioneers I level *or* be comfortable swimming 15 feet with little or no assistance. Instructors will introduce the butterfly and breaststrokes while strengthening skills learned in previous levels. Class runs 50 minutes.

Water Explorers (Intermediate) – Each Explorer must either have passed the Water Pioneers II course or be able to swim 15 feet on both front and back, demonstrate proper elementary backstroke, and tread water for 1 minute. In this class goals include: increasing swimming endurance, rotary breathing, safe diving, and the basics of turning at the wall. Class runs 50 minutes.

Water Adventurers (Advanced) –Participants must be able to successfully swim 25 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 (Pre-Team) – The RAC's most advanced swimming course is centered on stroke mechanics and advanced swimming techniques. Aquanauts should have passed the Water Adventurers class or be able to demonstrate each stroke for a distance of 25 yards, and swim a continuous 200 yard freestyle . 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) 942-2230 for details.*