

## **Goose Creek Descriptions-**

### **10-10:30 am Tue-Friday ( Baby Class- Ages 6 mo to 36 months) -Group Only**

30 Minute Class

The Parent and Child Swim classes focus on developing foundational swimming skills and promoting water safety for children aged 6 months to 3 years. Parents actively participate in the lessons, as one parent must be in the water with their child. The student-to-teacher ratio is up to 6 parent/child combos per instructor. Parents are encouraged to bring their swimsuit for hands-on involvement in the learning process.

### **10-10:30 Toddler Transition (Tue-Friday) -Group Only**

30 Minute Class

#### **Toddler Transition 1-**

Class focuses on fundamental swimming and safety skills while learning how to safely be a part of a group class. Parents may stay poolside for safety purposes to ensure the child is following class rules. For ages 18 mo. to 3 years old. Classes typically have up to 3 students to 1 instructor.

#### **Toddler Transition 2- Group Only!**

Class focuses on fundamental swimming and safety skills while learning how to safely be a part of a group class. In this class, swimmers **must be completely independent of the parent.** For ages 18 mo. to 3 yrs old. Classes typically have up to 3 students to 1 instructor.

### **10:00-10:30 Pre K ( Ages 3-4) Levels 1-5 Beginner to Advanced (Tue-Friday)- Group Only**

30 Minute Class

These beginner lessons are designed to help students build confidence in the water. The focus is on water acclimation, mastering all strokes, breathing techniques, floating, treading water, flip turns, diving, and water safety. Each level is structured to progressively develop stronger, more confident swimmers.

### **11-11:30 (Big Kid) Ages 5-7 Levels 1-5 (Tue-Friday) Group Only!**

30 Minute Class

These lessons are designed to help students build confidence in swimming through a focus on water acclimation, all strokes, breathing techniques, floating, treading water, flip turns, diving, and water safety. Each level is structured to strengthen skills and enhance the swimmer's confidence and ability.

### **11-11:45 (Tween to Teen) Ages 8-15 Levels 1-5 (Tue-Friday) Group Only!**

45 Minute class

Our swim lessons for kids ages 8-15 are designed to build confidence and essential swimming skills, including all strokes, breathing, floating, treading water, flip turns, diving, and water safety. The program is structured across five levels: Level 1 focuses on introducing water safety and floating, while Level 2 covers basic strokes and water safety. In Level 3, swimmers strengthen their strokes and work on treading water, followed by Level 4, which emphasizes flip turns and

endurance. Finally, Level 5 refines diving and stroke techniques. Each level is carefully crafted to help swimmers become stronger and more confident while ensuring they are safe and capable in the water.

**11-11:45 -Stroke Development (Ages 8-and Up) (Mon-Friday) Group Only!**

45 Minutes

Stroke Development- Swim Stroke Development focuses on mastering proper technique for each stroke through progressive skill building. It emphasizes form over speed, incorporates safety and endurance skills, and tracks progress using checklists to set and achieve swimmer goals.

**11-11:45 am- Adult Swim Classes- (Ages 16+) Group Only!**

45 Minutes

It's never too late to learn how to swim. Our swim lessons are perfect for adults who have a fear of swimming. With patient and understanding instructors, we help you overcome your fear of water, so you can enjoy swimming. In just 10-12 lessons, many beginner adult swimmers are ready to advance to intermediate and advanced skills.

**Private Classes:**

Tuesday-Friday 1-4 ( all ages all levels)

**Adaptive Swim Lessons (Tuesday-Friday) (All ages all levels)- These are private classes only!**

Tuesday-Friday - anytime

Saturdays- Private only

**Evening Classes:**

**Wednesday-Friday**

Pre- K Classes:4:4:30 pm- Group Only

Big Kid Classes 4-4:30 pm -Group Only

Pre-K to Big Kid 5-5:30 pm - Group Only

Bid Kid, Tween and Adult 5-5:45 pm-Group Only

Tween Advanced or Adult 6-6:45 pm - Group Only

**Saturday Lessons- Group Only!**

9-9:30 am Baby Classes/Toddler Transition Classes

9:30-10 Pre-K Classes

10-10:30 Big Kid

11-11:30 Big Kid

11-11:45 Tween to Teen Beginner to Advance or Adult

12:15 Tween or Adult Classes