

PRE-SCHOOL LESSONS (under 6)

FORMERLY:
SHRIMPS / WATER BABIES!

Stage A:
Water
Discovery
3 - 36 months
w/ parent

Stage B:
Water
Exploration
2 - 4 years
w/ parent

pike

Stage 1:
Water
Acclimation
3 - 5 years

eel

Stage 2:
Water
Movement
3 - 5 years

rays

Stage 3:
Water
Stamina
4 - 5 years

SCHOOL AGE LESSONS (over 6)

polliwogs

Stage 1:
Water
Acclimation
6 - 8 years

guppies

Stage 2:
Water
Movement
7 - 8 years

minnows

Stage 3:
Water
Stamina
8 - 12 years

Stage 4:
Stroke Introduction
8 - 12 years

Stage 5:
Stroke
Development
8 - 12 years

Stage 6:
Stroke Mechanics
9 - 12 years

If you are unsure which Stage is best for your swimmer, please contact Sam or Cailee for help 712.262.3782