

Our Swim Lesson Tips

01

Use the bathroom before class

We encourage our friends to at least try, this minimizes missing part of class for a potty break. Plus, wet suits are hard to get back on!

02

Comfortable Goggles

Goggles are not required but properly fitting goggles can increase comfort in the water/minimize distractions.

A low pony tail works best for proper strap placement. We have goggles to borrow but here are some style/fit suggestions:

Frogglez
Anti-Fog



Speedo "Sunny G"
Adjustable Straps

03

Bring your swim booklet

We're happy to help keep track of skills and achievements in your American Red Cross Swim Achievement Booklet (instead of issuing you a new one).

04

Just keep swimming!

Like with any new skill, the more time you practice or spend just playing in the water the better. It's especially beneficial to spend time in the water together.

05

Toto, we're not in the bathtub anymore!

You may find that your bath-time-loving child is taking some time to transition to swim class, even though they LOVE the water. This is to be expected as it's a new environment, but also, their body feels differently in the pool (buoyancy) and that in itself is a new skill to experience.

06

Managing Expectations

All swimmers will learn and "advance" at their own pace. We strive to meet each swimmer at their current ability to help them build and grow. You can expect that some skills will come easily for your child and other skills will take some time. It is common to "repeat" levels in order to master skills.