

GH-CP POOL

SWIM LESSONS

RED CROSS

Group or Individual Classes
(Scholarships available)

PARENT AND CHILD AQUATICS | 30 MIN.

Levels 1 & 2 - Recommended Age: 6 months–3 years

Orients children to the Aquatic Environment and teaches them the basic aquatic skills

PRE-SCHOOL AQUATICS | 30 MIN.

Preschool Level 1 - Recommended Age: 3–5 years

Orients children to the Aquatic Environment and teaches them the basic aquatic skills

Preschool Level 2 - Recommended Age: 3–5 years Build upon the skills learned in
Preschool Level 1 to gain more comfort and independence

Preschool Level 3 - Recommended Age: 3–5 years

Helps children start to gain basic swimming propulsive skills

LEARN TO SWIM | 45 MIN.

Level 1: Introduction to Water Skills - Recommended Age: 6 years and up
Helps participants feel comfortable in the water

Level 2: Fundamental Aquatic Skills - Recommended Age: 6 years and up
Gives participants success with fundamental aquatic skills

Level 3: Stroke Development - Recommended Age: 6 years and up
Builds on Level 2 skills through additional guided practice

Level 4: Stroke Improvement - Recommended Age: 6 years and up
To develop confidence in the strokes learned so far

Adult Swim: Learning the Basics

Helps participants gain basic aquatic skills and swimming strokes

Adult Swim: Improving Skills and Swimming Strokes

Improve participants' proficiency in basic aquatic skills and the six basic swimming strokes

Adult Swim: Swimming for Fitness

Refine participants' front crawl, back crawl and breaststroke

To Register



Contact Kathy Gold at kathy@kathygoldcde.org or Teresa, GHCP, at 804-472-3646
for more information.