



Note: For adult lessons, instead of doing curriculum lessons, we can also work with adults to reach individual goals such as training for a long swim, or if there is a specific element of swimming that the adult is weaker at. With adult lessons, we can work with whatever level the student is at and help them achieve their specific goals.



Adult 1

At this level, beginner adults will learn how to do basic floats and glides, submerge, and kick up to 15 meters on their front and back. Adult 1 is the perfect place for adults working on a fear of the water, or just beginning to learn the proper technique of swimming.



Adult 2

This level is where adults learn front crawl, back crawl, and breaststroke for 25 meters, learn whip kick, and how to swim underwater. This level is perfect for adults who have completed Adult 1 or already have the basic knowledge and technique of swimming.



Adult 3

At this level, students will complete a 300-meter distance swim, 100 meters of front and back crawl, learn how to tread water for 1 minute, and complete a 50-meter sprint. Adult 3 is great for practicing adults who have completed Adult 2, or adults that know how to swim but want to build endurance and need a refresher.