

SWIMMING LESSONS

THE COVE AT THE LAKEFRONT™ IS PLEASED TO OFFER SWIMMING LESSONS.

PARENT AND CHILD - BUILDS BASIC WATER SAFETY SKILLS FOR BOTH PARENTS AND CHILDREN, HELPING INFANTS AND YOUNG CHILDREN AGES SIX MONTHS TO ABOUT THREE YEARS BECOME COMFORTABLE IN THE WATER, SO THEY ARE WILLING AND READY TO LEARN TO SWIM.

PRESCHOOL 1 - GIVES YOUNG CHILDREN AGES THREE TO FIVE A POSITIVE INTRODUCTION TO WATER SAFETY AND HELPS PARTICIPANTS FEEL COMFORTABLE IN THE WATER AND ENJOY THE WATER SAFELY.

PRESCHOOL 2 - GIVES YOUNG CHILDREN AGES THREE TO FIVE A POSITIVE INTRODUCTION TO WATER SAFETY AND GIVES PARTICIPANTS SUCCESS WITH FUNDAMENTAL SKILLS, SUCH AS FLOATING AND BASIC LOCOMOTION IN THE WATER.

PRESCHOOL 3 - GIVES YOUNG CHILDREN ABOUT AGES THREE TO FIVE A POSITIVE INTRODUCTION TO WATER SAFETY. IMPROVES PARTICIPANTS' COORDINATION OF SIMULTANEOUS ARM AND LEG ACTIONS AND ALTERNATING ARM AND LEG ACTIONS.

LEVEL 1 - HELPS SWIMMERS AGES SIX OR OLDER DEVELOP WATER SAFETY, SURVIVAL AND SWIMMING SKILLS. IT IS DESIGNED TO GIVE PARTICIPANTS A POSITIVE LEARNING EXPERIENCE.

LEVEL 2 - HELPS DEVELOP WATER SAFETY, SURVIVAL AND SWIMMING SKILLS. IT IS DESIGNED TO GIVE PARTICIPANTS A POSITIVE LEARNING EXPERIENCE. GIVES PARTICIPANTS SUCCESS WITH FUNDAMENTAL SKILLS.

LEVEL 3 - HELPS DEVELOPS WATER SAFETY, SURVIVAL AND SWIMMING SKILLS. IT IS DESIGNED TO GIVE PARTICIPANTS A POSITIVE LEARNING EXPERIENCE. GIVES PARTICIPANTS SUCCESS WITH FUNDAMENTAL SKILLS.

PRIVATE/SEMI-PRIVATE SWIM LESSONS ARE ALSO AVAILABLE.



NOT SURE WHAT CLASS TO CHOOSE? USE OUR SWIMMING LESSONS ENROLLMENT GUIDE BELOW!

Swimming Lessons

ENROLLMENT GUIDE

CAN YOUR CHILD PUT THEIR FACE IN THE WATER COMFORTABLY?

YES - CONTINUE

NO - LEVEL 1

CAN THEY DO A FRONT AND BACK FLOAT WITHOUT ASSISTANCE? DO THEY PAY ATTENTION IN CLASS?

YES - CONTINUE

NO - LEVEL 1

CAN THEY GLIDE WITH THEIR ARMS ABOVE THEIR HEAD IN A STREAMLINED POSITION?

YES - CONTINUE

NO - LEVEL 2

DO THEY KNOW HOW TO DO FREESTYLE ARM STROKES?

YES - CONTINUE

NO - LEVEL 2

CAN THEY DO FREESTYLE TEN YARDS, TAKE A BREATH, AND CONTINUE SWIMMING WITHOUT STOPPING?

YES - CONTINUE

NO - LEVEL 3

DO THEY KNOW ELEMENTARY BACKSTROKE AND BREAST STROKE?

YES - CONTINUE

NO - LEVEL 3

FOR MORE INFORMATION, CLASS OFFERINGS, TIMES, AND FEES VISIT

**WWW.THECOVEATTHELAKEFRONT.COM
OR CALL THE COVE™ AT 214-618-2047**