

Swim Lessons at Solvay CYC

Parent/Child

(6 Months- 3 years) Parent's participation is required. This is an introduction to the water and the beginning of swimming skills.

There are two age groups for each of the following levels. 3-5 and 6-12 years old.

Level 1

Introduction to blowing bubbles, scooping and proper kicking. Will learn front and back floats and Elementary back stroke.

Level 2

To enter this level, a child must be comfortable going underwater, in addition to being able to float and swim a short distance with minimal to no help.

This level will learn additional strokes including front crawl, backstroke, and breaststroke. They will also be introduced to diving (sitting and kneeling dives)

Level 3

To enter this level, a child must be able to swim 20 yards of each stroke.

This level will work on the proficiency of each stroke. Will also introduce the standing dive.

Advanced

To enter this level, a child must be able to proficiently swim 20 yards of each stroke.

This level will work on endurance. And standing dives.

We also have two levels for adults, Beginner and Advanced.

****Should you have any questions regarding what level to put your child in, we always recommend the lower level to start. Our instructors can make evaluations the first week and move children as needed to make sure he/she gets as much as possible out of our lessons.**