

J Swim Lesson Schedule 2026-2027

Color	Ages
Aqua	6-36 Months
Blue	3-6 Years
Cerulean	6-12 Years
Denim	18+ Years
Navy	6-18 Years

Mondays			
Time	Class	Class	Class
3:15pm-3:45pm	201: Water Confidence	202: Body Control	203: Independent Swimming
3:50pm-4:20pm	201: Water Confidence	202: Body Control	203: Independent Swimming
4:25pm-4:55pm	301: Swim Essentials	302: Stroke Skills	303: Stroke Progressions
5pm-5:30pm	303: Stroke Progressions	304: Competitive Foundations	305: Competitive Development
5:35pm-6:05pm	201: Water Confidence	202: Body Control	501: Recreational Swim Team (5:50pm-6:45pm)
6:10pm-6:40pm	302: Stroke Skills	303: Stroke Progressions	401: Swim Basics (6:50PM-7:35PM)

Tuesdays and Thursdays			
Time	Class	Class	Class
3:15PM-3:45PM	201: Water Confidence	202: Body Control	203: Independent Swimming
3:50PM-4:20PM	201: Water Confidence	202: Body Control	203: Independent Swimming
4:25PM-4:55PM	301: Swim Essentials	302: Stroke Skills	303: Stroke Progressions
5:00PM-5:30PM	303: Stroke Progressions	304: Competitive Foundations	305: Competitive Development
5:35PM-6:05PM	202: Body Control	203: Independent Swimming	402: Technique and Endurance (5:50PM-6:35PM)
6:10PM-6:40PM	301: Swim Essentials	302: Stroke Skills	303: Stroke Progressions

Wednesdays

Time	Class	Class	Class
3:15pm-3:45pm	301: Swim Essentials	302: Stroke Skills	303: Stroke Progressions
3:50pm-4:20pm	201: Water Confidence	202: Body Control	203: Independent Swimming
4:25pm-4:55pm	301: Swim Essentials	302: Stroke Skills	303: Stroke Progressions
5pm-5:30pm	303: Stroke Progressions	304: Competitive Foundations	305: Competitive Development
5:35pm-6:05pm	202: Body Control	203: Independent Swimming	Recreational Swim Team (5:50pm-6:45pm)
6:10pm-6:40pm	302: Stroke Skills	303: Stroke Progressions	X

Fridays

Time	Class
4:25pm-4:55pm	304: Competitive Foundations
5pm-5:45pm	305: Competitive Development
5:50pm-6:45pm	501: Recreational Swim Team

Saturdays/Sundays

Time	Class	Class	Class
9:25am-9:55am	201: Water Confidence	202: Body Control	203: Independent Swimming
10am-10:30am	102: Water Beginnings	303: Stroke Progressions	X
10:35am-11:05am	101: Water Connections	201: Water Confidence	304: Competitive Foundations
11:10am-11:40am	301: Swim Essentials	302: Stroke Skills	303: Stroke Progressions
11:45am-12:15pm	201: Water Confidence	202: Body Control	203: Independent Swimming
12:20pm-12:50pm	301: Swim Essentials	302: Stroke Skills	303: Stroke Progressions

Class	Formerly Known as	Ages	Description
101: Water Connections	Lil’ Bubblers	6-36 Months	Water Connections is a parent-and-child class that introduces infants and toddlers to the water through play, exploration, and guided activities. Together, parents and instructors help children build comfort, trust, and positive experiences while introducing basic water safety, breath control, floating, movement, and aquatic readiness. Our goal is to create confident first experiences in the water while giving parents the tools to safely support their child's aquatic journey.
102: Water Beginnings	Toddler Transition	6-36 Months	Water Beginnings is designed for toddlers who are becoming comfortable in the water while gradually transitioning toward greater independence. Parents remain an active part of the learning process as swimmers develop water confidence, listening skills, participation in a group setting, and foundational swimming movements. The focus is on building trust, encouraging independence, and preparing swimmers for instructor-led classes.
201: Water Confidence	Preschool Level 1	3-6 Years	Water Confidence introduces beginner swimmers to the foundations of safe and successful swimming. Swimmers develop comfort in the water through breath control, submersion, floating, rolling, and basic water movement while building confidence and independence. Progress is based on skill mastery, ensuring swimmers are comfortable before moving to more advanced skills.
202: Body Control	Preschool Level 2	3-6 Years	Swimmers begin learning how to control their bodies in the water by developing balanced floating, body position, streamlining, gliding, kicking, and rolling between front and back. As swimmers build these foundational movement patterns, they are introduced to the basic components that will later develop into efficient swim strokes. Lessons emphasize body awareness, balance, and purposeful movement while continuing to strengthen water confidence and independence. Pre-requisites: Swimmers must receive instructor approval or demonstrate the appropriate skills through a swim assessment.
203: Independent Swimming	Preschool Level 3	3-6 Years	This level combines body control with coordinated movement to help swimmers become independent in the water. Swimmers learn to combine kicking, arm movements, breathing, and body position into functional swimming while increasing distance, endurance, and water safety skills. By the end of this level, swimmers are prepared to begin formal stroke instruction. Pre-requisites: Swimmers must receive instructor approval or demonstrate the appropriate skills through a swim assessment.

Class	Formerly Known as	Ages	Description
301: Swim Essentials	Youth Level 1	6-12 Years	Swimmers begin learning the fundamental techniques of freestyle and backstroke while continuing to improve body position, side breathing, streamline, kicking, and endurance. Instruction focuses on building strong swimming habits and reinforcing proper mechanics through purposeful drills and skill progression.
302: Stroke Skills	Youth Level 2	6-12 Years	Swimmers refine freestyle and backstroke while developing breaststroke and butterfly foundations. Lessons focus on stroke mechanics, timing, coordination, efficiency, and endurance. Swimmers continue progressing through structured drills designed to create technically sound and confident swimmers. Pre-requisites: Swimmers must receive instructor approval or demonstrate the appropriate skills through a swim assessment.
303: Stroke Progressions	Youth Level 3	6-12 Years	Stroke Progressions is designed to help swimmers build consistency, confidence, and mastery across all four competitive strokes. Lessons focus on refining freestyle, backstroke, breaststroke, and butterfly while improving body position, breathing, timing, coordination, and endurance. Swimmers continue progressing through purposeful skill progressions, reinforcing efficient movement patterns and developing the strong swimming foundation needed to transition successfully into Competitive Foundations. Pre-requisites: Swimmers must receive instructor approval or demonstrate the appropriate skills through a swim assessment.
304: Competitive Foundations	Pre-Comp Level 1	6-12 Years	Competitive Foundations bridges the gap between swim lessons and a swim team environment. Swimmers continue refining all four competitive strokes while being introduced to structured swim team concepts such as drills, streamlines, starts, turns, pacing, swimming terminology, interval sets, and practice etiquette. The focus is on developing efficient technique, increasing endurance, and building the confidence and skills needed to be successful in a team practice setting. Pre-requisites: Swimmers must receive instructor approval or demonstrate the appropriate skills through a swim assessment.
305: Competitive Development	Pre-Comp Level 2	6-12 Years	Competitive Development is a 45-minute class designed for swimmers who are ready for longer, more structured practices as they continue preparing for recreational or competitive swim teams. Swimmers further refine all four competitive strokes while building endurance through structured workouts, drills, interval training, starts, turns, race preparation, and swimming terminology. This class emphasizes consistency, independence, and confidence while developing the technical skills and training habits needed for continued success in a swim team environment. Pre-requisites: Swimmers must receive instructor approval or demonstrate the appropriate skills through a swim assessment.

Class	Formerly Known as	Ages	Description
401: Swim Basics	Adult Learn to Swim	18+ Years	Designed for adults who are new to swimming or looking to build confidence in the water, Swim Basics focuses on water comfort, breath control, floating, body position, movement, and foundational swimming skills in a supportive, encouraging environment. Lessons progress at each swimmer's individual pace while emphasizing water safety and confidence. This 45-minute class is led by our experienced instructor, Jim , whose background in lifeguarding, swim instruction, and surfing provides adult swimmers with knowledgeable guidance and a comfortable, welcoming learning experience.
402: Technique and Endurance	Adult Technique and Endurance	18+ Years	Recreational Swim Team provides a fun, supportive, and inclusive team environment where swimmers continue developing technique, endurance, and confidence while enjoying the experience of being part of a team. Practices focus on refining all four competitive strokes, improving fitness, learning swim team etiquette, participating in structured workouts, and fostering a lifelong love of swimming. Swimmers are grouped by ability to ensure continued growth and success in a positive, encouraging atmosphere.
501: Recreational Swim Team	Recreational Swim Team	6-18 Years	Recreational Swim Team provides a fun, supportive, and inclusive team environment where swimmers continue developing technique, endurance, and confidence while enjoying the experience of being part of a team. Practices focus on refining all four competitive strokes, improving fitness, learning swim team etiquette, participating in structured workouts, and fostering a lifelong love of swimming. Swimmers are grouped by ability to ensure continued growth and success in a positive, encouraging atmosphere. Pre-requisites: Swimmers must receive the swim coach's approval or demonstrate the appropriate skills through a swim assessment.