

Stage A/B: Water Discovery: 3 – 5yrs

In Stage A/B, parents work with their children to explore body positions, floating, blowing bubbles, and fun safety and aquatic skills.

Bellflower Resident: \$75
Non-Resident: \$83

Stage 1: Water Acclimation: 3 – 5yrs

Students develop comfort with under water exploration and learn to safely exit in the event of falling into a body of water in Stage 1. This stage lays the foundation that allows for a student's future progress in swimming.

Bellflower Resident: \$75
Non-Resident: \$83

Stage 2: Water Movement: 6 – 11 yrs

In Stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

Bellflower Resident: \$68
Non-Resident: \$76

Stage 3: Water Stamina: 6 – 11 yrs

In Stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

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Non-Resident: \$76

Stage 4: Stroke Introduction: 6-11 yrs

In Stage 4, students develop stroke technique in front crawl and back crawl and learn the breast stroke kick and butterfly kick. Water safety is reinforced through treading water and elementary back stroke.

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Stage 5: Stroke Introduction: 6 – 11 yrs

In Stage 5, students work on stroke technique and learn all major competitive strokes. The emphasis on water continues through treading water and side strokes.

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Stage 6: Stroke Mechanics: 6 – 11 yrs

In Stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming and discover how to incorporate swimming into a healthy lifestyle.

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Porpoise: 6 – 11 yrs

Participants must have completed Stage 6. The student will learn more stroke technique and will learn all major competitive strokes as well as competitive skills and endurance. Will get an Introduction to lifesaving skills and water polo. This class will also prepare you for swim team.

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Non-Resident: \$76

Teen/Adult

This class is for beginner, little or no water experience. Beginners will learn floating (back and front), introduction of freestyle and elementary backstrokes. Intermediate swimmers will refine freestyle and elementary backstroke. Learn sidestroke, breaststroke and deep-water swimming. Thus is a self paced class.

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