

A/B: Parent/Child: 6 mon-3yrs

This class is intended as a water enjoyment experience for parents with their children ages 6 months-3 years. Parent & Me class focuses on making water time fun...and setting the stage for learning water skills and aquatic safety. Safe water entry and exit, singing songs, kicking, blowing bubbles, supported back floats, and arm movements. In this class we hope to work past any fear issues in preparation to learn the skills to swim, and ensure that the children are comfortable with the water.

Bellflower Resident: \$80

Non Resident: \$88

Preschool Class: Level 1: 3-5yrs

This class is for beginners 3-5 years socially ready to be in a class with an instructor. This class sets the stage for learning to swim. Children will learn pool rules, jumping into the water, kicking on the side of the wall as well as using a kickboard, blowing bubbles, supported back float, prone glides, rhythmic bobbing, and propelling themselves unassisted with their face in the water.

Bellflower Resident: \$80

Non Resident: \$88

Preschool Class: Level 2: 3-5yrs

This class is for beginners 3-5 years socially ready to be in a class with an instructor. Preschool Stage 2 swimmers are not yet fully confident in the deep end or in propelling themselves with their face in the water. This class addresses pool rules, safety, eyes open under water, front and back floating, front glide with flutter kick, kick with kickboard, rhythmic bobbing, and is introducing deep water and the front crawl stroke.

Bellflower Resident: \$73

Non Resident: \$81

Youth Class: Level 1: 6-12yrs

This class is for OLDER beginners ages 6-11 years. Youth Level 1 swimmers are not yet confident in the deep end or in propelling themselves with their face in the water. This class addresses pool rules and safety, eyes open under water, front and back floating, front glide with flutter kick, kick with kickboard, rhythmic bobbing, and is introduced to deep water and the crawl stroke..

Bellflower Resident: \$73

Non Resident: \$81

Youth Class: Level 2: 6-12yrs

This class is designed for children 6-12 years who can propel themselves unassisted 15-25 yards. Youth Level 2 swimmers will spend most of the class time in the deep end of the pool. This class will focus on the crawl stroke, kicking on back, unassisted rotary breathing, and will introduce students to diving and treading water. Students will also jump into deep water and level off. This class addresses pool rules and safety.

Bellflower Resident: \$73

Non Resident: \$81

Youth Class: Level 3: 6-12yrs

This class is for swimmers 6-12 years that can swim 50 yards in the front and back crawl. Youth Level 3 swimmers will work on breaststroke kick, the elementary backstroke, dolphin kick, butterfly, surface dives, eggbeater kick, endurance, flip turns, and underwater swimming. This class will work with advanced swimmers on competitive starts, flip turns, water rescue skills, sidestroke, underwater pull-outs, and approach stroke.

Bellflower Resident: \$73

Non Resident: \$81

Teen/Adult: 13yrs and up

This class is designed for beginner and intermediate swimmers ages 13 and up. Beginner: Little or no water experience. Learns floating (back and front), introduction of freestyle and elementary backstroke. Intermediate:Refines freestyle and elementary backstroke. Learns sidestroke, breaststroke and deep-water swimming. Self paced class.

Bellflower Resident: \$80

Non Resident: \$88