

Children's Swim Lessons All Year Round!

***Please Note: Some Classes Only Seasonally Offered**
(Click Class Names for Online Registration)

Class	Ages
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[Bubblers 1](#)

Age 6 – 18 months

Introduce your baby to the water in a relaxed and playful manner. Learn basic skills and water safety. This is an adult/child class.

[Bubblers 2](#)

Age 18 months – 3 years

Tots with little or no experience are welcome. Children will learn the basics of swimming such as submerging, floating, kicking and arm stroking. This is an adult/child class.

[Bobbers 1](#)

Age 3 – 5 years

Along with an adult, children will learn to adjust to the water. They will also learn simple water skills, such as submerging, floating, kicking and arm stroking. This is an adult/child class.

[Bobbers 2](#)

Age 3 – 5 years

Children who already know how to do a front float with a kick should sign up for this class. They will work on back floats, combining parts of the crawl stroke and endurance. Work in the deep end is done as well. This is an adult/child class.

[Fearful Floaters](#)

Age 4 – 6 years

This class is intended for children who have a reluctance to participate in a Floaters 1 class, but are ready to try a class without adult participation. Taught at a slower pace, it stresses water adjustment and comfort putting their face in water. To ease your child's anxiety, adults will remain on



deck for the duration of the lesson.

[Floaters 1](#)

Age 4 – 6 years

This class is designed for children who need to become adjusted to the water. They will learn to do front and back floats, kicks and strokes as well as put their face in the water. Children will learn to swim five yards on their front and back.

[Floaters 2](#)

Age 4 – 6 years

Children who are comfortable in the water, can submerge for 5-10 seconds and know how to swim a combined stroke for five yards on their front and back should take this class. They will continue to work on and develop basic swimming skills, such as front and back glides, kicking, arm strokes and rhythmic breathing.

[Strokers 1](#)

Age 4 – 7 years

Children who can swim a combined front crawl with side breathing as well as backstroke for at least eight yards should take this class. Stroke improvement, elementary back stroke, treading water and rhythmic breaking will be further developed.

[Strokers 2](#)

Age 4 – 7 years

This class is for children who can swim a coordinated front crawl stroke and backstroke for 15 yards and are comfortable in the deep water. They will work on perfecting front/back crawl and treading water. Students will be introduced to elementary backstroke and breaststroke.

[Strokers 3](#)

Age 4 – 7 years

This class is for children who can swim freestyle with side breathing, backstroke and elementary backstroke for 25 yards. In addition, the ability



to swim a coordinated breaststroke and the butterfly kick is required. A legal competitive butterfly will be taught as well as flip turns and breakouts and the breaststroke pullout. Successful completion of Stokers 2 (or comparable level in another program) is also required to enroll in this class.

[Mini Swim Team Prep](#)

Age 5 – 7 years

Children should be able to swim 50 yards of freestyle and backstroke without stopping, as well as breaststroke for 15 yards. A legal competitive butterfly will be taught as well as flip turns and breakouts and the breaststroke pullout. Children are encouraged to take this course prior to registering for swim team.

[Youth 1](#)

Age 7 – 14 years

Water adjustment is the focus of this class. Children will be introduced to front and back floats, kicking, arm stroking, blowing bubbles and swimming five yards front and back. Children must also be able to put their face all the way in the water and must be comfortable with all of these skills prior to moving on to Youth 2.

[Youth 2](#)

Age 7 – 14 years

A class for children who can submerge for 5-10 seconds and do a front float. Basic swimming skills, such as front and back glides, arm stroking on front and back, kicking and rhythmic breathing will be taught.

[Youth 3](#)

Age 7 – 14 years

Children who can swim a combined front and back stroke for five yards (kicking while moving their arms) should take this class. Children will learn back crawl, whip kick, rhythmic breathing, how to tread water and

improve their stroke.

Youth 4

Age 7 – 14 years

Children who are comfortable in the water and can swim a coordinated crawl stroke and backstroke for 15 yards should take this class. Children will work on perfecting front and back crawl and treading water. Elementary backstroke and breaststroke as well as butterfly arms will be introduced.

Youth 5

Age 7 – 14 years

This class is for children who can swim one length of front crawl, back crawl and swim 15 yards of elementary backstroke in good form as well as tread water, dive into and swim in deep water. All other previously learned strokes will be refined.

Youth 6

Age 7 – 14 years

This class requires the ability to swim two lengths (50 yards) of front crawl, back crawl and 15 yards of side stroke, all in good form without stopping. Children will work on breaststroke, turns and the dolphin kick in addition to refining other strokes.

Youth 7

Age 7 – 14 years

Swimmers able to swim, without stopping, four lengths (100 yards) of freestyle, backstroke and one full length (25 yards) of breaststroke should take this class. Children will work on stroke improvement, endurance, butterfly, turns and racing dives.

Swim Team Prep

Age 7+ years

Swimmers must be able to swim, without stopping, four lengths (100 yards) of a coordinated freestyle, backstroke and breaststroke and one



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length (25 yards) of butterfly. Speed and endurance will be emphasized as well as turns and racing starts.

**Swim 4 Fitness for
Teens**

Age 12 – 17 years

Geared towards teens with prior swim experience (must be at least level 7) who are looking to build their aerobic ability. The goal of the class is to swim a mile 45 minutes with minimal stroke correction. Fins, kickboard and hand paddles are recommended. No report cards will be issued for this class.

View our complete guide and fill out the registration form to register by mail, walk-in or fax (240-314-8759)

For more information email swimcenter@rockvillemd.gov

Learn more at www.rockvillemd.gov/swimcenter

Private Lessons: The center is proud to offer private lessons for those who are interested in a one-on-one learning experience. Private lessons are available for adults and children of any skill level. The cost for private lessons is \$42/half hour for one student (or \$63/half hour for two students at the same time who are of the same skill level). Private Lessons can be scheduled for any time during our **Public Swim Hours**. To request more information about private lessons, complete and return the **Private Lesson Request Form** via fax to 240-314-8759 or email [Debbie Bouwkamp](mailto:Debbie.Bouwkamp).

