

Link to sign up for the below programs coming soon!

Adult Comfort and Beginners (Coming Soon)

- Saturdays: 8–8:30 a.m., 8:30–9 a.m., 9–9:30 a.m., 9:30–10 a.m., 10–10:30 a.m. and 10:30–11 a.m.

Class Descriptions

- **Adult Beginner:** This class is designed for adults who are new to swimming or feel uncomfortable in the water. Swimmers will focus on building water confidence through basic skills such as floating, kicking, and simple arm movements. Emphasis is placed on overcoming fear and learning to breathe comfortably in the water. The goal is to develop a foundation for swimming with proper technique and to create a positive, supportive environment for adult beginners.
- **Adult Comfort:** This class is designed for adults who are new to swimming or feel uncomfortable in the water. Swimmers will focus on building water confidence through basic skills such as floating, kicking, and simple arm movements. Emphasis is placed on overcoming fear and learning to breathe comfortably in the water. The goal is to develop a foundation for swimming with proper technique and to create a positive, supportive environment for adult beginners.