Parent & Child Playtime

- Ages 6 months – 2 years only

Join us for playtime in the zero depth area at Sanford Wellness Tea Ellis pool. Parent & Child playtime introduces children 6 months – 2 years to the water with safe and fun activities. No registration is needed for Parent & Child Playtime.

Terrific 3's

- Ages 3 years only

Being 3 is Terrific! This parent and child class is design to teach 3 years old how to stay safe in the water while learning fundamental swimming skills and having FUN! 1 adult must be in the water with child during class.

Preschool Beginners

- Ages 4-5

Calling all first time swimmers! Students will learn how to enter the water safely and independently, how to blow bubbles, flutter kick, assisted back float, assisted front glide, assisted back glide, and assisted rolling over in water and so much more.

Preschool Advanced

- Ages 4-5

Ready for a little more? Students will learn how to enter the water safely and independently, blowing bubbles and submerging mouths, Flutter kick, assisted back float, assisted front glide, assisted back glide. They will also be working on bobbing, arm and leg actions, treading water, and so much more!

Level 1

- Ages 6 years and older

Student will become completely independent from the teachers assistance. They will learn to front/back float, front/back glide, and retrieve objects under water. They will work on treading water, front crawl, back crawl, and elementary back stroke.

Level 2

- Ages 6 years and older

Student are completely independent swimmers. They will learn front/ back float, front/back glide, retrieve objects under water, front crawl, back crawl, and elementary back stroke, rotary breathing and learn transitioning from treading water to swimming. This level is about independence and gaining strength.

Level 3 & 4

- 6 years and older

Students continue level 1 & 2 skills whiling learning new skills like the butterfly, side stroke, breast stroke, feet first surface dives, and flip turn transitions.