**Group Swim Lessons**

Requirements: child must be able to walk

* Each swimmer will be place in a group to suit their skill set
* The lessons will provide basic water skills and water safety knowledge
* Age minimum is 3yrs old, there is no maximum; all age levels need the opportunity to learn to swim!
* Sessions run the first 2 weeks of every month, with registration for the next session going the last 2 weeks of every month.
* Each session will run Monday-Thursday beginning at 6PM. Your scheduled time will depend on which level group you are placed in

**Aqua Tots group Lessons**

Requirements: child must be able to sit up on their own

* Ages 6months- 3yrs
* Parent child class
* Will go over proper and comfortable introduction to the water
* Instructor will lead the parent in each activity so that the parent leaves with an idea of how to interact with their child in the water
* Child will become comfortable with going under, feeling water in their ears and eyes as well as how the water feels when they move around

**Private Swim Lessons**

Requirements: None

* Private lessons are geared for children who may not want to join in group lessons or need more one on one instruction
* The lessons are set up to suit the swimmers needs
* More flexibility than group lessons as the instructor and the client work out their own schedule.

**Developmental Swim Team**

Requirements: must be able to swim the length of the pool and tread water for 30 seconds

* Swimmers will learn the 4 main strokes and develop a basic understanding of each
* Practices are 2 times a week for 1 hour
* Option of 2 different sessions: T/TH 4-5 OR WED/FRI 3-4.
* Ages 5-15

**LASO Swim Team**

Requirements: basic understanding of all 4 strokes, starts and turns.

* Swimmers will train to compete
* Refine technique and improve endurance
* Practice will meet 3-5 times a week depending on the package you choose
* Ages 8-18

**Technique Improvement Sessions**

Requirements: know how to swim at least 2 of the 4 strokes.

* Geared towards competitive swimmers or leisure swimmers who want to ensure that their technique is correct in order to avoid injury.
* Flexible schedule that is set between the client and trainer
* No age or ability limitations

**Aquatics Personal Training**

Requirements: None

* Several training programs available
* Aerobic and fitness training
* Strength and conditioning training
* Joint and Flexibility training
* Low impact
* Flexible schedule set between the client and trainer