



# STRONG SWIMMERS CONFIDENT KIDS

## SWIM LESSONS KANNAPOLIS

- >> Weekday lessons will take place twice a week on Monday & Wednesday.
- >> All lessons are 30 minutes long.
- >> Space is limited for all classes. We will do our best to accommodate.
- >> Due to the high demand for lessons, cancellations after the first class will result in a 50% refund.  
No refunds are issued if canceling after the second class or later.

SESSION	REGISTRATION	DATES	PRICE
Session 1 Saturdays	1/27/25 - 2/8/25	2/15/25-4/5/25	M \$75   NM \$110
Session 2 Saturdays	3/24/25-4/5/25	4/26/25-6/21/25	M \$75   NM \$110
SESSION	REGISTRATION	DATES	PRICE
Session 1 Weekdays	1/27/25- 2/8/25	2/17/25-3/12/25	M \$75   NM \$110
Session 2 Weekdays	3/6/25-3/14/25	3/24/25-4/16/25	M \$75   NM \$110
Session 3 Weekdays	4/10/25- 4/18/25	4/28/25-5/21/25	M \$75   NM \$110

PARENT CHILD CLASSES 6 - 35 months	MONDAY & WEDNESDAY	SATURDAY
Stage A: Water Discovery 6-18 months		9:40a
Stage B: Water Exploration 19-35 months		9:40a
PRESCHOOL CLASSES 3 - 5 year olds	MONDAY & WEDNESDAY	SATURDAY
Stage 1: Water Acclimation	3:15p   3:50p	9:05a
Stage 2: Water Movement	4:25p	11:10a
Stage 3: Water Stamina	5:35 p	
SCHOOL AGE CLASSES 6 - 12 year olds	MONDAY & WEDNESDAY	SATURDAY
Stage 2: Water Movement	5:00p	8:30a   11:45a
Stage 3: Water Stamina	6:10p	10:35a
Stage 4: Stroke Introduction	6:40p	
TEEN to ADULT CLASSES	MONDAY & WEDNESDAY	SATURDAY
Teen to Adult Class		12:20pm

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FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LESSON SELECTOR

## WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months- 3 years  
PARENT & CHILD:  
STAGES A-B



3 years- 5 years  
PRESCHOOL3  
STAGES 1-3



6 years -12 years  
SCHOOL AGE:  
STAGES 2-4



12+ years  
TEEN &  
ADULT

## WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

A-WATER DISCOVERY

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

B-WATER EXPLORATION

Will the student go underwater voluntarily and float on front and back?

NOT YET

1-WATER ACCLIMATION

Can the student swim 10-15 yards on his or her front and back?

NOT YET

2-WATER MOVEMENT

Can the student swim 25 yards of front and back crawl?

NOT YET

3-WATER STAMINA

Can the student swim front crawl, back crawl and breaststroke across the pool?

NOT YET

4-STROKE INTRO