



Swim Lessons

North County Aquatic Center
 9450 CR512
 Sebastian, FL 32958
 (772) 581-7665

Gifford Aquatic Center
 4895 43rd Avenue
 Vero Beach, FL 32967
 (772) 770-5312

Baby and Me Classes

(Ages 6 months – 2 years)

Caregivers and children learn together to increase a child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control. The two levels are fun-filled and help introduce water safety concepts.

Preschool Lessons

(Ages 3 – 5)

Throughout the three levels, preschool-age children are taught basic aquatic safety and survival skills. They are encouraged to gain greater independence and increase their comfort level in and around the water. Skills are age-appropriate, helping children achieve success.

Learn-to-Swim (Ages 6 and up)

Designed to help participants achieve maximum success, Learn-to-Swim courses are based on a logical, six-level progression that helps swimmers develop their water safety, survival and swim skills.

Below are descriptions of what the participant should be able to do before enrolling in each level.

Level 1 – Introductory

May have little or no exposure to swimming and/or lessons. Participant needs no prior experience

Level 2 – Fundamental

Comfortable in the water, can glide on their front with face in the water and roll to their back and float.

Level 3 – Stroke Development

Push off and swim using combined arm and leg actions for 5 body lengths, roll to back and float, then roll to front and swim an additional 5 body lengths

Level 4 – Stroke Improvement

Are able swim front stroke for 15 yards, roll to back and swim elementary backstroke an additional 15 yards

Level 5 – Stroke Refinement

Are able to swim all four swim strokes 15-25 yards each.

Level 6 – Swimming and Skill Proficiency

Are able to swim all strokes appropriately for 25-50 yards using formal turns and switching body position.

Adult Lessons

(Ages 18 and up)

Lessons available from beginners to competitors. Learn how to swim or receive valuable instruction on how to improve your strokes, turns, or breathing.

Group Lessons

8 – 25 min. classes

\$40

Private Lessons

4 – 25 min. classes

\$80



**American
Red Cross**

Do you need a scholarship? Ask us if you qualify!

Group Sessions

Monday – Thursday
 Morning or Evening

Session 1

June 5 – 15

Session 2

June 19 – 29

Session 3

July 3 – 13

Session 4

July 17 – 27

Session 5

Jul 31 – Aug 10

Group Sessions

Tuesday & Thursday
 Evenings only

Session A

June 6 - 29

Session B

July 11 – Aug 3

Registration begins May 6th

North County: 9:00 - 12:00

Gifford: 12:30 - 3:30

***\$5 discount and free swim level evaluation
 on first day of registration***

www.ircgov.com/pools