Learn to Swim

November - December 2026 Session

Classes are on Nov. 10, 12, 17, 24; Dec. 3, 10, 2026
5:30 - 6 p.m. - One Stripe and Two Stripe classes
6:10 - 6:40 p.m. - Three Stripe and Four Stripe classes

1:4 instructor:student ratio

Instruction provided by Amherst TigerSharks Swim Club. All instructors are Red Cross Lifeguard, CPR, AED and First Aid Certified. Program Leader: Mike Giancarlo.

Cost is $150

- Classes take place in the Windermere Elementary School pool
- You receive six 30-minute lessons
- Ages are 4-12
- No swim diapers are allowed
- All registration & payment is online
- No refunds issued - Please read descriptions for each class

Community Education Registration is online

- Learn to Swim program is offered through Amherst Central Schools Community Education program.
- Questions? Lori Sosenko, Community Education Liaison
- Phone: 716-362-3031
- Email: lsosenko@amherstschools.org
- Website: amherstschools.org

Class Descriptions

1 Stripe

- Enter water feet first assisted
- Blow bubbles at surface
- Submerge Shoulders
- Submerge completely
- Back & front float assisted
- Back & front glide streamline assisted
- Kick on back and front assisted

2 Stripes

(Child is ready for "2 stripes" class if they can complete all "1 stripe" class skills)

- Enter water feet first assisted
- Bob with rhythmic breathing
- Back & front float for 3 seconds
- Submerge & pickup object from pool bottom
- Back & side glide streamline assisted
- Front glide steamlined
- Kicking with board; push/glide/kick on front & back
- Jump into deep water assisted

3 Stripes

(Child is ready for "3 stripes" class if they can complete all "2 stripe" skills)

- Rhythmic breathing to side 5x
- Roll over float & glides, front & back
- Jump into deep water
- Flutter kick - 15 yards
- Backstroke & front crawl basics, then 5 yards
- Sculling assisted
- Dolphin like kick, frog kick assisted
- Swim 15 yards

4 Stripes

(Child is ready for "4 stripes" class if they can complete all "3 stripe" skills)

- Tread water 15 seconds
- Flutter kick with board -20 yards
- Backstroke & front crawl - 20 yards
- Whip kick with board - 10 yards
- Breaststroke arm movement
- Dolphin kick, 10 yards
- Sitting dive
- Sculling, 5 yards assisted