Spring Swimming Lessons

Location: DMS Swimming Pool

Spring registration opens February 25th, 2027 at 9:00 am

Spring Preschool 1 Swim Lessons- $64, 4 Sessions per course
Water entry, breath control, front and back floating, gliding, rolling, flutter kick, whip kick, elementary backstroke, freestyle, backstroke, treading water, orientation to deep water, and safety

Mon Apr 5- Thu Apr 8, 5:45-6:20 PM; PK1SL001
Mon Apr 19-Thu Apr 22, 4:45-5:20 PM; PK1SL002
Mon May 10-Thu May 13, 3:45-4:20 PM; PK1SL003
Mon May 24-Thu May 27, 5:45-6:20 PM; PK1SL004

Spring Preschool 2 Swim Lessons- $64, 4 Sessions per course
Building on Preschool 1 skills with a focus on depth and perfecting individual skills.

Mon Apr 12-Thu Apr 15, 4:30-5:05 PM; PK2SL001
Mon Apr 26-Thu Apr 29, 3:45-4:20 PM; PK2SL002

Spring Beginner 1 Swim Lessons- $69, 4 Sessions per course
Jumping into chest-deep water, submerging and retrieving objects, bobbing, floating, gliding, changing direction, combining arms and legs for freestyle and backstroke, treading water, deep water activities, jumping in deep water with a life jacket, safety.

Mon Apr 5-Thu Apr 8, 4:45-5:30 PM; B1SL001
Mon Apr 5-Thu Apr 8, 4:45-5:30 PM; B1SL002
Mon Apr 12-Thu Apr 15, 4:30-5:15 PM; B1SL003
Mon Apr 12-Thu Apr 15, 5:30-6:15 PM; B1SL00
Mon Apr 19-Thu Apr 22, 3:45-4:30 PM; B1SL005
Mon Apr 26-Thu Apr 29, 5:30-6:15 PM; B1SL006
Mon May 3-Thu May 6, 3:45-4:30 PM; B1SL007
Mon May 3-Thu May 6, 6:15-7 PM; B1SL008
Mon May 10-Thu May 13, 4:30-5:15 PM; B1SL009
Mon May 17-Thu May 20, 3:45-4:30 PM; B1SL010
Mon May 17-Thu May 20, 5:30-6:15 PM; B1SL011
Mon May 24-Thu May 27, 4:45-5:30 PM; B1SL012

Spring Beginner 2 Swim Lessons
Extending duration and combining skills from Beginner 1, introducing rotary breathing and a sitting dive.

Mon Apr 5-Thu Apr 8, 3:45-4:30 PM; B2SL001
Mon Apr 12-Thu Apr 15, 4:30-5:15 PM; B2SL002
Mon Apr 19-Thu Apr 22, 3:45-4:30 PM; B2SL003
Mon Apr 19-Thu Apr 22, 6:15-7 PM; B2SL004
Mon Apr 26-Thu Apr 29, 3:45-4:30 PM; B2SL005
Mon Apr 26-Thu Apr 29,5:30-6:15 PM; B2SL006
Mon May 3-Thu May 6, 3:45-4:30 PM; B2SL007
Mon May 3- Thu May 6, 6:15-7 PM; B2SL008
Mon May 10-Thu May 13, 4:30-5:15 PM; B2SL009
Mon May 10-Thu May 13, 5:30-6:15 PM; B2SL010
Mon May 17-Thu May 20, 3:45-4:30 PM; B2SL011
Mon May 17-Thu May 20, 5:30-6:15 PM; B2SL012
Mon May 24- Thu May 27, 3:45-4:30 PM; B2SL013
Mon May 24-Thu May 27, 4:45-5:30 PM; B2SL014

Spring Intermediate 3 Swim Lessons- $69, 4 Sessions per course
Jumping into deep water, retrieving objects, survival float, back float, rotary breathing, streamlining kicks, various strokes, endurance building, kneeling and standing dive.

Mon Apr 5-Thu Apr 8, 3:45-4:30 PM; IM3SL001
Mon Apr 12-Thu Apr 15, 5:30-6:15 PM; IM3SL002
Mon Apr 19-Thu Apr 22, 3:45-4:30 PM; IM3SL003
Mon Apr 19-Thu Apr 22, 6:15-7 PM; IM3SL004
Mon May 3-Thu May 6, 6:15-7 PM; IM3SL005
Mon May 10-Thu May 13, 4:30-5:15 PM; IM3SL006
Mon May 17-Thu May 20, 3:45-4:30 PM; IM3SL007
Mon May 24-Thu May 27, 4:45-5:30 PM; IM3SL008

Spring Intermediate 4 Swim Lessons- $69, 4 Sessions per course
Swimming underwater, perfecting kicks, various strokes for longer distances, changing direction, surface dive, survival float, back float, and building endurance.

Mon Apr 5-Thu Apr 8, 6:15-7 PM; IM4SL001
Mon Apr 12-Thu Apr 15, 5:30-6:15 PM; IM4SL002
Mon Apr 26-Thu Apr 29, 5:30-6:15 PM; IM4SL003
Mon May 3-Thu May 6,3:45-4:30 PM; IM4SL004
Mon May 10-Thu May 13, 5:30-6:15 PM; IM4SL005
Mon May 24-ThuMay 27, 3:45-4:30 PM; IM4SL006

Spring Advanced 5 Swim Lessons- $69, 4 Sessions per course
Advanced 5 focuses on refining stroke technique and building endurance. Swimmers practice rotary breathing, multiple kicks, longer-distance strokes, open turns, diving, and treading water. They complete survival and back floats, a continuous swim, and learn basic water safety, how to call for help, and the importance of first aid and CPR.

Mon Apr 5-Thu Apr 8, 3:45-4:30 PM; A5SL001
Mon May 17-Thu May 20, 5:30-6:15 PM; A5SL002

Spring Advanced 6 Swim Lessons- $69, 4 Sessions per course
Advanced 6 refines stroke technique, endurance, and competitive skills. Swimmers focus on efficient body position, longer-distance swimming, flip turns, starts, and use of swim equipment and a pace clock. They build survival skills with extended treading, floating, and safety positions, and learn basic open water and boating safety rules.

Mon Apr 19-Thu Apr 22, 6:15-7 PM; A6SL001
Mon Apr 26-Thu Apr 29, 3:45-4:30 PM; A6SL002
Mon May 10-Thu May 13, 5:30-6:15 PM; A6SL003
Mon May 24-Thu May 27, 3:45-4:30 PM; A6SL004

Spring Private Swim Lessons- $89, 4 sessions per course
Private lessons, for children ages 5 and up, offer personalized instruction tailored to individual goals. Ideal for kids needing extra help with specific swimming skills, the instructor, participant, and parents customize lessons to meet those goals and provide focused, one-on-one attention.

Mon Apr 5-Thu Apr 8, 4:45-5:15 PM; PSL001
Mon Apr 5-Thu Apr 8, 5:45-6:15 PM; PSL002
Mon Apr 5-Thu Apr 8, 5:45-6:15 PM; PSL003
Mon Apr 5-Thu Apr 8,6:30-7 PM; PSL004
Mon Apr 5-Thu Apr 8,3:30-7 PM; PSL005
Mon Apr 12-Thu Apr 15, 3:45-4:15 PM; PSL006
Mon Apr 12-Thu Apr 15, 3:45-4:15 PM; PSL007
Mon Apr 12-Thu Apr 15, 3:45-4:15 PM; PSL008
Mon Apr 12-Thu Apr 15, 6:30-7 PM; PSL009
Mon Apr 12-Thu Apr 15, 6:30-7 PM; PSL010
Mon Apr 12-Thu Apr 15, 6:30-7 PM; PSL011
Mon Apr 19-Thu Apr 22, 4:45-5:15 PM; PSL012
Mon Apr 19-Thu Apr 22, 4:45-5:15 PM; PSL013
Mon Apr 19-Thu Apr 22, 5:30-6 PM; PSL014
Mon Apr 19-Thu Apr 22, 5:30-6 PM; PSL015
Mon Apr 19-Thu Apr 22, 5:30-6 PM; PSL016
Mon Apr 26-Thu Apr 29, 4:45-5:15 PM; PSL017
Mon Apr 26-Thu Apr 29, 4:45-5:15 PM; PSL018
Mon Apr 26-Thu Apr 29, 4:45-5:15 PM; PSL019
Mon Apr 26-Thu Apr 29, 6:30-7 PM; PSL020
Mon Apr 26-Thu Apr 29, 6:30-7 PM; PSL021
Mon Apr 26-Thu Apr 29, 6:30-7 PM; PSL022
Mon May 3-Thu May 6, 4:45-5:15 PM; PSL023
Mon May 3-Thu May 6, 4:45-5:15 PM; PSL024
Mon May 3-Thu May 6, 4:45-5:15 PM; PSL025
Mon May 3-Thu May 6, 5:30-6 PM; PSL026
Mon May 3-Thu May 6, 5:30-6 PM; PSL027
Mon May 3-Thu May 6, 5:30-6 PM; PSL028
Mon May 10-Thu May 13, 3:45-4:15 PM; PSL029
Mon May 10-Thu May 13, 3:45-4:15 PM; PSL030
Mon May 10-Thu May 13, 6:30-7 PM; PSL031
Mon May 10-Thu May 13,6:30-7 PM; PSL032
Mon May 10-Thu May 13, 6:30-7 PM; PSL033
Mon May 17-Thu May 20, 4:45-5:15 PM; PSL034
Mon May 17-Thu May 20, 4:45-5:15 PM; PSL035
Mon May 17-Thu May 20,4:45-5:15 PM; PSL036
Mon May 17-Thu May 20, 6:30-7 PM; PSL037
Mon May 17-Thu May 20, 6:30-7 PM; PSL038
Mon May 17-Thu May 20, 6:30-7 PM; PSL039
Mon May 24-Thu May 27, 5:45-6:15 PM; PSL040
Mon May 24-Thu May 27, 5:45-6:15 PM; PSL041
Mon May 24-Thu May 27, 6:30-7 PM; PSL042
Mon May 24-Thu May 27, 6:30-7 PM; PSL043
Mon May 24-Thu May 27, 6:30-7 PM; PSL044