



swim gym



Alper JCC
MIAMI

CLASS DESCRIPTIONS

| Course | Objective | Pre-requisite | Min. Age | Duration |
|--|---|--------------------------------------|-----------|--------------------|
| Survival Aquatics (infant, child & adult) | Learn life-saving skills of how to survive an accidental fall to a pool or body of water (float and reach the pool side). | - | 6 months | 20 min sessions |
| Baby Bonding Parent & Child I | Parent lead program to learn how to interact with the pool in a safe & friendly environment. Ideal for child stimulation, parent bonding & learning how to learn. | - | 3 months | 36-40 min sessions |
| Diaper Dolphins Parent & Child II | Parent lead program to learn how to move independently for short distances in water. Ideal to develop child's confidence & large motor skills. | Baby Bonding Parent & Child I | 12 months | 36-40 min sessions |
| Guppies Turning 3's | Learn how to gain independence for longer distances (2 body lengths). Learn how to swim with both arms & legs. Ideal to develop coordination, large motor skills and continue building self-confidence. | Diaper Dolphins Parent & Child II | 24 months | 32-40 min sessions |
| Tumbling Minnows 3-4's | Learn how to submerge, swim and move longer distances. Ideal to develop respect and appreciation for the water, discipline and listening/ follow instructions. | Guppies Turning 3's | 3 yrs. | 64-40 min sessions |
| Acrobatic Sharks 5-6's | Build endurance & learn swimming skills on all four basic strokes. Ideal to develop coordination, endurance and discipline. | Tumbling Minnows: 3-4's | 5 yrs. | 80-40 min sessions |
| Soaring Dolphins 6 & older | Advanced swimming lessons to increase speed and distance through better breathing and body movement techniques. | Acrobatic Sharks 5-6's | 6 yrs. | 64-40 min sessions |
| Stroking Seals Stroke School | Develop appropriate swimming techniques necessary for sustained water activity, water sports and competitive swimming. | Soaring Dolphins 6 & older | 6 yrs. | 80-40 min sessions |