Aquatic Concepts offers a year round swim curriculum called the Swim Safe Program. This type of swim instruction allows opportunities for children and adults to enjoy the water and learn to swim in a safe environment. The Swim Safe Program provides the best environment possible to teach swimming in a fun, learning atmosphere and make it a place where “Kids Love To Swim Safe.”

Children’s Programs

**6 mos. - 3 yrs. Prerequisite: None.**
1. Comfortable underwater
2. Comfortable on their back
3. Swim 3-3 feet with their face underwater

**2 & 3 yrs. Prerequisite: Graduate of Water Babies.**
1. Comfortable head down swim
2. Teach freestyle progression
3. Teach backstroke kick

**3 - 5 yrs. Prerequisite: None.**
1. Comfortable underwater
2. Float a short distance, face down
3. Float on back

**3 - 5 yrs. Prerequisite: Graduate of Frogs.**
1. Streamline with correct form
2. Swim freestyle with correct arms
3. Backstroke kick

**3 - 5 yrs. Prerequisite: Graduates of Goby.**
1. Freestyle side-breathing to the preferred side
2. Learn back stroke
3. Learn kicking for breaststroke and butterfly

**6 - 12 yrs. Prerequisite: None.**
1. Comfortable underwater
2. Float a short distance, face down
3. Float on back

**6 - 12 yrs. Prerequisite: Graduate of Puffer.**
1. Streamline with correct form
2. Swim freestyle with correct arms
3. Backstroke kick

**6 - 12 yrs. Prerequisite: Graduates of Stingray.**
1. Freestyle side-breathing to the preferred side
2. Learn backstroke
3. Learn kicking for breaststroke and butterfly

**6 - 12 yrs. Prerequisite: Graduates of Tiger Barb or Seal.**
1. Freestyle side-breathing to the non-preferred side
2. Learn a beginning somersault and a sit-down dive
3. Learn the correct butterfly and breaststroke progression

**6 - 12 yrs. Prerequisite: Graduates of Dolphin.**
1. Master freestyle with bi-lateral side-breathing
2. Flip turn with pushing off on the wall into a back streamline
3. Breaststroke and butterfly progression with breathing

“Our Swim Safe Program teaches all ages and abilities to love the water and be safe while enjoying it.”

-Christi Caldin
Aquatic Concepts, Inc.