

Information on Swimming Lessons

Our youth swimming lessons are designed to bring a child from non-swimmer to swimmer through four different levels of instruction.

1. Our Baby and Me classes are for ages 3 months to 3 years, and are designed to help your child become completely comfortable in the water as early as possible. Parents are in the water with the child while the instructor leads games, song and activities that help develop a love of water.
2. Our Tadpole class is for children who are over the age of 2 who are not comfortable with water. Our goal for this class is to get each child comfortable with blowing bubbles in the water with their face in.
3. Once children will blow bubbles in the water with their face in, they are ready for our Guppy class. It is at the guppy level that we work to get the children completely free of external floatation devices.
4. Once a child can swim with their faces in the water, take some kind of breath, and swim with their faces in again, they are ready for our Dolphin class. At this level the children will learn the competitive strokes of freestyle and backstroke.

After children have passed the four levels of swimming lessons, they are ready for competitive swimming. Sportsclub offer two options for competitive swimming. Hour Pre-SAIL swim clinic at the Greenville club is designed to help younger swimmers get ready for or keep in shape for their summer SAIL teams. In the Pre-SAIL program children will learn all four competitive swimming strokes.

Sportsclub Swim Club is our USA swimming registers swim team. With afterschool practice times, and our exclusive "performance dry land training," we strive to help swimmers of all levels, from the beginner to the elite swimmer to improve their fitness and technique to become better and faster swimmers.

Feel Better. Look Better. Live Better.

