

Swim Lessons

Parent-Tot

- Water acclimation with parental assistance
- No experience necessary
- Ages: 0-2 years

Tadpoles

- Beginner skills
- Increasing comfort in water independent of parent
- Ages: 3 years old minimum

Level 1

- Learns comfort submerging head
- Learns floats, glides and paddling with assistance
- Ages: 4 or passed tadpoles

Level 2

- Skills reflect level 1, but will be done independently
- Rollovers will be taught
- Increased distance
- Child should be comfortable submerging head

Level 3

- Increased distance of freestyle, backstroke and glides
- Child should be able to complete basic skills independently

Level 4

- Continues increasing skill distance
- Rotary breathing, dolphin and breast stroke kicks introduced
- Elementary backstroke arms and legs combined

Level 5

- Continues building on endurance
- Diving, sidestroke, treading, butterfly arms and breaststroke are introduced
- Class takes place in the deep end of the pool.

Level 6

- Final level of program
- Focused on endurance and technique work
- Introduces flip turns, surface and long dives and optional brick retrieval

Rec Swim Team

- Focus on improving stroke technique and building endurance.
 - Flip turn and starts
 - Organized and relaxed environment
- Please see pre-requisites before enrolling*

Private Lessons

- One-on-One lesson for kids aged 3+
- Teachers may vary between sessions
- Great for kids who need more one-on-one help or have specific goals

Note: Kids should be prepared to repeat levels - as mastering exit skills usually takes more than one session of lessons.

Swim Lessons - Frequently Asked Questions

How much do swim lessons cost?

The cost depends on the length of the session. Group lesson average out to \$5 per class (Plus a \$10 non-resident fee.) Private lessons average out to \$15 per class (Plus a \$10 non-resident fee)

How do I sign up for swim lessons?

Create an account or sign in at northliberty.recdesk.com. Then, click programs -> swim lessons. There you can view upcoming sessions and sign up for any available classes.

When can I register?

Summer registration begins at 6am the first Mon. in Apr. (residents) or Wed. (non-residents). Spring lessons is the first Mon. in Dec. (residents) or Wed. (non-residents) Fall is the first Mon. in Aug. (residents) or Wed. (non-residents)

Which level should I sign up for?

Descriptions of each level can be found on the sign-up page. Children must be at least 3 years old to begin tadpoles and enroll in private lessons. Note: it is common for kids to need to repeat levels, as mastering exit skills can take multiple sessions.

Do you have lessons for adults?

Yes! We offer an adult swim lesson on Tuesday evenings. Class is for beginner swimmers looking to learn how to swim in a small class setting. Bring your swimming goals to our experienced instructor to help you reach them!

What if I need to cancel a session I signed up for?

Email Aquatic Coordinator Ben Bliven at bbliven@northlibertyiowa.org, or call the Aquatics Office at 319-626-5707. Cancellations must be made at least 3 business days before the start of class to receive a refund.