Water Wigglers is the first level of independent swimming. With no more than three children between the ages of two and three years old, these young swimmers get special training and attention.

These young swimmers learn to swim approximately five feet independently, are comfortable in the backfloating position, develop the social skills necessary to work away from their parents, and have been approved by a Water Babies class instructor for advancement into this class. The main goal of the Water Wigglers class is to assist in the transition from the first group class with a parent in the water to a small group lesson with only the instructor in the water.

Using a large dose of imagination and creativity, instructors guide children through all of the swimming basics. Through repetition of fun routines, children learn basic stroke and swimming patterns.

The Goals of the Water Wigglers Class:
1. Maintain a comfortable, head-down swim
2. Learn the Freestyle progression: streamline, kick, add arms
3. Learn an independent back glide with arms at side and in a streamline to the wall
4. Be able to work in a group and take turns

Children progress in swimming at their own rate and develop their own style. Many times, it is not according to any timetable. Pressure to perform can often be the biggest roadblock to progress. While our program challenges each swimmer, we try to remove the pressure and make it fun. What we do not want to see is regression! Year round consistency also plays a role in preventing regression. The main emphasis of Water Wigglers is helping the child achieve the skills necessary to hold a basic streamline position; maintain consistent straight arm freestyle; and master independent breathing.

The requirements to move to the Tiger Barbs class are: Swimming independently; comfort in back floating position with assistance; social skills necessary to work away from a parent; and the instructor’s approval.