The Advanced Adult swim class is for adults who know how to swim. These swimmers are comfortable underwater, can independently swim Freestyle in a relaxed state, and are relaxed on their back while kicking. Our instructors are familiar with teaching all ages to be comfortable in the water and enjoy the lesson. Our goal is to work with each swimmer and accomplish their personal goals while keeping an overall comfort in the water.

This is a class of no more than four adults between the ages of thirteen to a hundred years! The benefit of small group swim classes is that the instructors are able to work with adults in the group and have practice time together. It is calming to have some friends in class who are doing the same thing as you are and who are successful at it and having fun!! Our instructors will work with you to ease their anxieties and move to the next level as soon as possible.

The Goals of an Advanced Adult Class:
1. Side breathing drills
2. Swimming Freestyle with side breathing
3. Back stroke arms

We will achieve these goals with various skills and swimming patterns. We focus on Comfort, Body Balance, and Movement. We believe that before learning strokes and kicking, there must be a comfort floating with eyes down while passing through the water. Learning to control equilibrium in the water is required before any movement skills can be learned. Balance in the water is completely opposite of what we experience on land. Once we achieve comfort and balance, our swimmers make great progress with adding movements skills.

Learning to swim is hard work and requires effort and commitment. The ability to learn any new skill is always dependent upon the foundation that is established in the initial stage of instruction. The foundation building process is what allows the Aquatic Zone to consistently develop the most comfortable, confident and effective swimming style in a positive and enjoyable manner.

Adults progress in swimming at their own rate and have their own style. Many times, it is not according to any timetable. Personal fear to learn can often be the biggest roadblock to progress. While our program will challenge each swimmer, we try to remove the pressure and make it fun.