Water Babies – Ages 6 months - 36 months *
This interactive class is designed for babies to become comfortable swimming independently in and under the water by working together with their parents in the pool. Babies will learn to be relaxed floating independently on their back and swimming with their eyes down for a distance of three to five feet. They will also be introduced to pop-up breathing.

Water Wigglers – Ages 18 months – 36 months *
This level is designed for the graduates of the Water Babies class. Children will work independently from their parents and master pop-up breathing. They will learn how to be able to do the "big arms" on their front, be comfortable kicking on their back, and how to complete an unassisted turnaround swim.
Prereq: Successful completion of water babies is required before enrolling in this class.

Frogs – Ages 3 - 5 Years *
This level is for children who are beginner swimmers or nervous in the water. Children will learn submersions and back floats while learning how to feel comfortable and safe in the water. The foundation of streamlining will be introduced, which is the proper basic body position for all strokes. The use of positive reinforcement is critical to help the child build trust and confidence.

Goby – Ages 3 - 5 Years *
This level is for children who are comfortable in the water and are now ready to learn the basics of freestyle, backstroke, and streamlining.
Prereq: Successful completion of Water Wigglers or Frog is required before enrolling in this class.

Tiger Barbs – Ages 3 - 5 Years *
This level is for children who are able to swim freestyle and backstroke over a short distance and are now ready to learn freestyle side breathing (preferred side breathing).
Prereq: Successful completion of Goby is required before enrolling in this class.

Puffers – Ages 6 - 12 Years
This level is for children who are beginner swimmers or nervous in the water. Children will learn submersions and back floats while learning how to feel comfortable and safe in the water. The foundation of streamlining will be introduced, which is the proper basic body position for all strokes. The use of positive reinforcement is critical to help the child build trust and confidence.

Stingray – Ages 6 - 12 Years
This level is for children who are comfortable in the water and are now ready to learn the basics of freestyle, backstroke, and streamlining.
Prereq: Successful completion of Puffers is required before enrolling in this class.

Seal – Ages 6 - 12 Years
This level is for children who are able to swim freestyle and backstroke over a short distance and are now ready to learn freestyle side breathing (preferred side breathing). Breaststroke and butterfly kicks will be introduced at this level.
Prereq: Successful completion of Stingray is required before enrolling in this class.

Dolphins – Ages 6 - 12 Years
This level is for children who know how to swim backstroke and freestyle with side breathing to the preferred side, and are now ready to learn freestyle side breathing to the non-preferred side. In addition, children will focus on backstroke progression, mastery breaststroke and butterfly and begin learning flip turns from a swimming position.
Prereq: Successful completion of Seal is required before enrolling in this class.

Shark – Ages 6 - 12 Years
This level is for children who are ready to focus on bilateral side breathing. They will also learn flip turns by pushing off the wall in a back streamline and execute sit-down dives with the correct commands. In addition, they will focus on breastbone and butterfly progression with breathing.
Prereq: Successful completion of Dolphin is required before enrolling in this class.

Group Lesson Fees
Monday/Wednesday & Tuesday/Thursday
2-week Sessions
Members: $55 Non-Members: $75

Sunday 4-week Sessions
Members: $55 Non-Members: $75

Member rates are for Fitness Center Members Only.

Swim Lesson Policies
To receive 100% refund, written request must be received at least one week prior to the first class. Refund requests made after the first class will not be accepted and no refund or credit will be granted. The APJCC is not responsible for providing make-up classes or issuing refund for programs missed as a result of illness, travel, emergencies, or other events beyond the control of the APJCC. All classes are subject to minimum enrollment. The APJCC reserves the right to cancel classes by refunding all fees where the minimum enrollment is not met.

Masters – 15 Years & Up
Adult Coached Swim Team
Don't let the name of this program keep you from trying it out!
Monday/Wednesday 12:00-1:00 & Tuesday/Thursday 6:00-7:00am The first 10 minutes of every workout is a warm-up.
Prereq: It is recommended that you have the ability to swim 500 yards freestyle non-stop.
Fee: Free for Fitness Center Members.
Offered year-round.

Youth Water Polo – Ages 10 – 13 Years
The Youth Water Polo program teaches participants the skills, strategy, and endurance required for this Aquatic Sport.
Prereq: Swimmers must be able to complete 25 yds. Of non-stop freestyle with side-breathing, 25 yds, backstroke, and be comfortable in 5 ft. of water. No prior water polo experience is necessary.
Fee: Members: $100 Non-Members: $140
Offered every month EXCEPT December

Youth Swim Team – Ages 6 - 14 Years
The Youth Swim Team program emphasizes fitness, endurance, stroke development, team sportsmanship, and fun.
Prereq: Swimmers must be able to complete 25 yds. Of non-stop freestyle with side-breathing, 25 yds, backstroke, and be comfortable in 5 ft. of water. No prior swim team experience is necessary.
Fee: Members: $25 Non-Members: $65
Offered every month EXCEPT December

Aqua Fit – 13 Years & Up
Instructor led aerobic and strength building workout with music accompaniment. Class is held in 4-5ft. of water.
Tuesdays & Fridays 9:00-10:00am Thursday 5:00-6:00pm
Saturdays 9:30-10:30am Sundays 9:45-10:45am
No experience necessary.
Fee: Free for Fitness Center Members.
Offered year-round.

Private and Semi-Private Swim Lessons – All ages
Private Lessons are one-on-one instruction.
Semi-Private Lessons are two students per instructor.
(By Personal Appointment Only)

Privates Lessons Fees:
One 30 min. lesson: Members: $35 Non-Members: $45
Five 30 min. lessons: Members: $160 Non-Members: $210
Ten 30 min. lessons: Members: $275 Non-Members: $375

***Reusable or plastic swim diapers are required for all children under 4 years old in all swim facilities. Disposable diapers are not permitted as swim wear. The APJCC Service & Fitness Desks do sell reusable swim diapers in a variety of sizes.

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