

**The Westwood Club**  
**Summer Swim Program 2026**

**Level- 0 – Starfish** is designed for the parent to be included in the class with the child. It is specifically for true beginners who are new to the water or still building basic comfort and confidence.

**Level 1- Clownfish** is a class designed for young swimmers who are beginning to build independence in the water without a parent. Focus will be on blowing bubbles, floating and placing their face in the water.

**Level 2- Seahorse** is a class for swimmers who are gaining confidence and beginning to move more independently in the water. Swimmers will practice retrieving submerged objects, swimming with less assistance, and learning front stroke techniques.

**Prerequisites:** - Can back float with little assistance - Swim small distances independently Comfortable submerging

**Level 3- Turtle** Swimmers will work on learning stroke breathing techniques, treading water, and flip turns. Instructors focus on building endurance, improving technique

**Prerequisites:** - Swimmer can perform basic swimming techniques without assistance  
Freestyle and backstroke

**Level 4- Seals** for more advanced swimmers who are comfortable in deeper water and ready to refine their skills. Swimmers will learn diving techniques, breaststroke, and flip turns

**Prerequisites:** - Can swim full 25 yard with no assistance

**Level 5 Dolphins** is designed for advanced swimmers who are already familiar with all major strokes. Swimmers will work on perfecting stroke efficiency. Instructors will focus on technique, stamina, pacing on a clock and preparing swimmers for a more competitive level of swimming. **Prerequisites:** - Swim 100 yards with no assistance and comfortably tread water

**Group lesson rates are \$75 per session.**

**Private lesson rates are \$42 per class and may be arranged by emailing:  
swimlessons@rbwestwoodclub.com**