

Keep your children swimming year round, With the Florida Gulf Coast University Aquatic Center!



Water Babies

Children in this program are introduced to basic skills such as kicking, floating, gliding and arm movements.

The emphasis is on water adjustment and having fun!

Water Toddlers

Skills taught include kicking, gliding, floating, rolling over, and locomotion on the front and back. By developing a “readiness to learn”, this class prepares the child for the preschool level.

Preschool

In this American Red Cross course, preschoolers are taught the fundamentals of swimming and basic water safety skills. If needed, students are provided with floatation devices to help in the learning process.

Youth

This American Red Cross program offers five class levels ranging from beginner to advanced. Students learn stroke techniques, personal water safety skills, and methods of basic rescue.

Stroke and Turn

This program is ideal for swimmers wishing to enhance their skills and stroke mechanics, while learning the fundamentals.

For more information, please contact 239-590-7700.