**Adult Learn-to-Swim 1**
For beginners who are not comfortable in the water, this class teaches basics such as flotation, propulsive movement in the water and breathing.

**Adult Learn-to-Swim 2 & 3**
This level is for swimmers who are comfortable in the water and who would like to learn the basic swimming strokes including front crawl, back crawl, elementary backstroke, breaststroke, sidestroke as well as improve stroke technique and swim endurance.