Wenona Learn to Swim (LTS)

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6 months to 2 years (approximate)

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The Sea Lions class is for toddlers who have progressed from the Sea Lions class, and who are more

confident and independent in the water. Classes continue to focus on water awareness, water familiarity, and building confidence in the water. Students begin to take instruction from the Instructor in these classes, as they continue to learn the essential skills of holding their breath on cue for submersion, front and back floatation, and propulsion through the water by kicking and paddling. This is the final 30minutes

The Frog level is the first level in our Pre-School Aged program, and skills continue to focus on water familiarity, awareness, and confidence. A key focus in this level is front and back floatation, and the safety sequence of 'jump, float, and recover'. Students further their breath control skills by learning to blow

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5 to 11 years (approximate) 30 minutes

The Penguin level is for School-Aged students who are ready to learn fundamental techniques required