

# ADULT SWIMMING LESSONS

Group & private swimming lessons | Open to Members & Non-Members

VENT Fitness Guilderland offers adult group swimming lessons for all skill levels.

Everyone deserves to learn basic water safety skills the right way, and have a fantastic experience that teaches them to love the water! We teach small group lessons (max of 4) using a progressive curriculum.

Private lesson available upon request.

SESSIONS

Session	Registration Opens	Session Dates*
Adult A	NOW	7/19 - 8/23
Adult B	NOW	8/30 - 10/4

*\*If 3 or fewer participants are registered for a time slot, class will be canceled.*

7/19 - 8/23  
Saturdays

**Adult Beginner:**  
11:30 - 12:00 pm

**Adult Intermediate:**  
12:00 - 12:30 pm

**Adult Advanced:**  
12:30 - 1:00 pm

Adult A

8/30 - 10/4  
Saturdays

**Adult Beginner:**  
11:30 - 12:00 pm

**Adult Intermediate:**  
12:00 - 12:30 pm

**Adult Advanced:**  
12:30 - 1:00 pm

Adult B

SPACE IS LIMITED!

\$96 Members • \$138 Non-Members  
*includes 6 lessons per session*

QUESTIONS?

Email [dlaflamme@ventfitness.com](mailto:dlaflamme@ventfitness.com)

**Cancellation Policy:** Cancellations 7 or more days before session start date will be refunded via payment method used. Cancellations less than 7 days before start date through 7 days after session start date will be refunded as in-club credit or credit toward next full session or private lessons. Cancellations beyond 7 days after session start will not be refunded. There are no makeup sessions. 4 participants per class.



SUMMER  
FALL 2025

VENT FITNESS Guilderland  
2080 Western Avenue  
518-464-1500  
[ventfitness.com/swimming-lessons/](http://ventfitness.com/swimming-lessons/)

VENT  
FITNESS

**Parent & Child Aquatics (6 months to 36 months)** Orients young children to the water and prepares them to learn to swim in the Preschool Aquatics or Learn-to-Swim courses. Parent or guardian is required to accompany each child in the water and participate in the class. Parents are taught to safely work with their child in the water and how to encourage their child to participate fully and try the skills. Children are introduced to basic skills to help them learn to swim in the future.

**Preschool 1: (3-5 years)** Orients children to the aquatic environment and teaches them basic aquatic skills. Children will start with elementary aquatic skills, and build more as they progress through the Preschool levels. Skills include blowing bubbles, submerging mouth, nose and eyes, opening eyes underwater, and retrieving objects. Front and back floats with assistance.

**Preschool 2: (3 - 5 years)** Children will build upon the skills learned in Preschool 1 to gain more comfort and independence. Children learn to float on their backs without support. Other skills include opening eyes underwater, retrieving submerged objects, and alternating arm and leg actions on front and back. Most skills in this level are performed independently.

**Preschool 3: (3 - 5 years)** Increases proficiency and builds on the basic aquatic skills learned in Levels 1 and 2 and improves participants' coordination of simultaneous arm and leg actions and alternating arm and leg actions on front and back. Participants learn and practice survival floating and learn to swim front crawl and elementary backstroke at rudimentary proficiency levels. All skills in this level are performed independently with minimal flotation assistance.

**Level 1: Introduction to Water Skills (5 years+)** Students will learn how to feel comfortable in the water and safely enjoy it. Skills include entering and exiting the water safely, learning to submerge mouth, nose and eyes, breath control, front and back float and recovering to a stand, changing direction in the water, swimming 5 feet on front and back.

**Level 2: Fundamentals of Aquatic Skills (5 years+)** Children will learn basic swimming skills including entering water by stepping or jumping in from the side, submerging entire head, blowing bubbles, opening eyes underwater, front and back glide, swim 15 feet on front and 10 feet on back, swim on side, and life jacket use.

**Level 3: Stroke Development (5 years+)** Additional guided practice will help students improve their skills learned in Level 2. Skills include jumping into deep water, head first entry from sitting or kneeling, submerging and retrieving an object, bobbing, survival float for 30 seconds, treading water for 30 seconds, front crawl 15 yards, butterfly 15 feet, back crawl 15 yards, elementary rescues, safe diving, and check-call-care.

**Level 4: Stroke Improvement** Kids will gain confidence in the strokes learned thus far and improve other aquatic skills by increasing endurance through swimming greater distances. Skills include diving, underwater swimming, feet-first surface dive, 1 minute of survival floating, treading and back floating, 25 yards of front crawl, breaststroke and back crawl, 15 yards of butterfly and elementary backstroke and sidestroke, compact jump from height in a life jacket, throwing assists, and caring for conscious choking victim.

**Adult Learn to Swim** Instructors follow a plan utilizing the knowledge and experience of the group members to instruct and refine swimming and water safety skills in a manner that best suits each individual. In Adult Learn to Swim, you learn safety skills that may help you survive in an emergency, gain confidence in the water, stroke development, and eventually stroke refinement.

**Adult Beginner - Learning the Basics**  
This level is designed to introduce the inexperienced or fearful adult to the water so that they become more comfortable in the water and learn to enjoy the water safely. Adults will learn how to enter and exit the pool safely and control their breathing. As they build their confidence, students will learn proper body position on both their front and back with proper flutter kick. Basic paddle stroke, Front Crawl, Back Crawl, Elementary Backstroke, and basic water safety skills are covered.

**Adult Intermediate - Improving Skills and Swimming Strokes**  
This level is designed to introduce swimming strokes to adults so that they develop confidence and endurance as novice swimmers. Adults master the swimming strokes in the Learning the Basics level, Freestyle and Backstroke. Breaststroke, Sidestroke, Butterfly and basic flip turns and turning at the wall are introduced. Treading water and recovery to a swimming position is mastered.