

Group Lessons - Ages 3 Years and Up

Our group lessons are broken up into seven levels. Please read about our levels and the core skills for each level to determine which level is right for your swimmer.



Thunder Bolts - Water Orientation

- Submersion with goggles
- Holding breath and blowing bubbles
- Assisted front float
- Assisted back float
- Assisted streamline
- Kicking with support



Twisters - Air Exchange and Body Position

- 10 bobs
- Underwater retrieval of object, 2-3 feet
- Unassisted front float

- Unassisted back float
- Front streamline glide, 5 feet
- Assisted back streamline glide



Tornados - Freestyle

- Back streamline glide, 5 feet
- Front streamline kick, roll to back float
- Back streamline kick, roll to front float
- Side glide kick with support, 10 yards both sides
- Feet-first entry in deep water, return to wall
- Freestyle 10 yards



Typhoons - Backstroke

- Side glide kick, roll to front streamline kick
- Side glide kick, roll to back streamline kick
- Underwater object retrieval, 4 feet
- Treading water, 10 seconds
- Freestyle with side breathing, 15 yards

- Backstroke 10 yards



Tsunamis - Breaststroke

- Seated dive in deep water, return to wall
- Treading water, 30 seconds
- Freestyle 24 yards
- Backstroke 15 yards
- Breaststroke kick
- Dolphin Kick



Tidal Waves - Butterfly

- Freestyle 50 yards
- Backstroke 25 yards
- Breaststroke 10 yards
- Butterfly arms
- Butterfly 10 yards with flippers



Pre-Team - Stroke Refinement

- Freestyle 100 yards with flip turns
- Backstroke 50 yards with flip turn
- Breaststroke 50 yards with open turn
- Butterfly 50 yards with open turn
- Tread water 5 minutes
- Standing dive

Special Programs



Rain Drops* - Age 6-18 months

- CPR and Water Safety Review
- Safe Entry & Exit
- Holding Breath
- Sprinkling/Submersion
- Water Play



Puddle Jumpers* - Ages 18-36 months

- Water Illness Review
- Safe Entry & Exit
- Blowing Bubbles
- Submersion
- Water Play

*Parent Participation Required



Lightning Bolts - Adapted Swim Lessons

In addition to our general swim lessons, the Timpany Center offers adapted swim lessons as well! Adapted lessons are designed for children or adults with any type or severity of disability (physical or cognitive). In our adapted swim programs we work one-on-one with each person developing an aquatics program that best suits that individual's needs. Our adapted classes are taught by San Jose State University students who have undergone extensive training in how to teach adapted aquatics. Most of our instructors are either in the Adapted Physical Activity program at San Jose State University or have graduated from this

program. Our classes focus on overall fitness, body awareness, water safety, swimming technique, and most importantly FUN!