

2025 Learn To Swim Programs

LTS: Parent and Child Water Acclimation Ages 6mos-3 years. Youngest swimmers can enjoy the water with their parent(s) or caregiver. Swimmers will learn to acclimate to the water, enjoy a wonderful sensory experience, enjoy cheerful splashing, playing and socializing time with their new pool pals. They will learn to blow bubbles, jump in with assistance, and floating positions. The adults will learn how to guide their children to become safe swimmers as they grow.

LTS: Preschool Beginner Ages 3-5 (formally known as Stage 1) This class is for kids learning to push off and glide to their teacher, front float and back float with assistance, head immersion, jump in and get back to the wall, and learn how fun swimming is! Swimmers should be able to separate from their parents to participate in class.

LTS: Preschool Advanced Beginner Ages 3-5 (formally known as Stage 2/3) The swimming journey continues with front crawl arm and leg movements and back float with arm movements. Swimmers learn to swim on their tummies and flip over on to their backs. This is a vital safety skill. Treading water is introduced and swimmers learn to jump in and swim a distance, then exit the pool independently. Water safety instruction is also included.

LTS: Novice Ages 6-12 (formally known as Stage ½) This class is for those who enjoy the water but may be lacking confidence in their swimming skills. This class begins with head immersion, floating and gliding on the front, and floating and gliding on the back. Arm and leg movements for the front crawl and back crawl are taught. They also learn to tread water in water over their head and water safety.

LTS: Intermediate Ages 6-12 (formally known as Stage 3) The swimming journey continues with emphasis on swimming longer distances. Side breathing in freestyle is emphasized. Elementary backstroke and breaststroke are introduced. This level also teaches treading water and continued emphasis on water safety.

LTS: Stroke Endurance Ages 6-12 (formally known as Stage 4) In this stage, swimmers refine their front crawl and backstroke. They swim up to 25 yards at a time. They develop their elementary backstroke and breaststroke. Butterfly is introduced as well as diving. Continued emphasis on water safety.

LTS: Stroke Proficiency Ages 6-12 (formally known as 5/6) In this final level, stroke technique is emphasized, and students will learn to swim more efficiently and with greater speed. They will review front crawl, backstroke, breaststroke, butterfly, and begin to learn flip turns. Swimming endurance is also increased and diving off the side. Students will get plenty of exercise in this class!

LTS: Swim Team Prep Ages 7 and up This is for anyone with the goal swimming on the YMCA Barracudas Swim Team or the Jefferson City/Capital City High School Swim Teams! Work with qualified coaches, learn the strokes, become a stronger and safer swimmer, and find out what Swim team is all about!

LTS: 'Cuda Camp Ages 6 and up This is perfect a perfect opportunity for a swimmer who wants to get ready to join the Barracudas Swim Team! Meet current swim team members and coaches, learn the strokes, and find out what being a 'Cuda is all about! Ages 6 and up.

LTS: Lifeguard Prep Ages 11 and up (formally known as Junior Lifeguard) Want to know what it takes to be a lifeguard? Come and learn! Youth ages 11-15 will become stronger swimmers, learn some basic lifeguard rescues and water safety. They will be more prepared to take the lifeguard certification course at age 15.

LTS: Adult Ages 16 and up It's never too late to learn to swim! Our classes are taught by adults who understand this and will work with you. Give yourself the gift of learning to swim!

LTS: Fix your Freestyle, ages 13 and up. The Barracudas Swim Team Coaches will be hosting a workshop for those who want to improve their swimming technique. This is perfect for lap swimmers, triathletes, and for those who want to learn to swim more efficiently. Those who are new to swimming are welcome. Common stroke flaws, flip turns, stroke drills and how to build your own workout are some of the topics in store!

LTS: Scouts for Safe Swim Ages 6 and up Getting ready for Girl or Boy Scout camp this summer? This camp will help you earn a merit badge, improve your swimming ability, become more water safe and improve your fitness level. Those not in Scouts are also welcome.

LTS: Adapted Swim for Families Any age This program is especially for families with one or more members with special needs. Parents and caregivers will enter the water and swim with their families during each session. Siblings are welcome. Water Safety, breath control, learning to float, treading water, jumping in, learning the strokes are all examples of what each swimmer can learn at their own pace.

LTS: Aqua Camp Ages 6 and up—TBA

LTS: Lifeguard Training Ages 15 and up—Coming Spring 2025—TBA

LTS: Discover Scuba ages 10 and up---TBA

LTS: Homeschool Swimming Lessons Ages 4-6 and 7 and up. Homeschool families can learn to swim in a safe, fun environment. Swimming instruction and water safety are emphasized. Children are grouped with kids of similar age and ability. Parents welcome to watch on deck or help in the water.

Special Olympics Swimming—enroll at Parks and Recreation, James Reinkemeyer at 573-634-6482. Dates and Times TBA

Babysitting Classes are also offered by the aquatics department and are available for registration.