

Skill Levels:

Level 1:
Learn to be comfortable under water, blow bubbles, float, change direction while in the water
Recommend ages 3+

Level 2:
Learn how to submerge your head with arm and leg action, gliding on front and back, rolling over in water
Recommend ages 4+

Level 3:
Learn rotary breathing, treading water, head first entries, swim front crawl and elementary backstroke on your own
Recommend ages 6+

Level 4/5:
Learn swimming underwater, starts and turns, front and back crawl, breaststroke, butterfly, reinforce form. If you are at this level join swim team!!
Recommend ages 8+

These classes are lead by certified Water Safety Instructors, there will also be private lessons available upon request with an instructor or coach.

These sessions will run in 2week increments. At the end of each session the swimmer will be tested to see if they are ready to move to the next level. Recognition will be made at the completion of level.

Session Dates

Session 1
Week 1- June 27,28,29,30, July 1
Week 2- July 4,5,6,7,8

Session 2
Week 1- July 11, 12,13,14,15
Week 2- July 18,19,20,21,22

Session 3
Week 1- July 25,26,27,28,29
Week 2- August 1,2,3,4,5

Meet the Instructors

Allison Hogan

She was a competitive swimmer throughout her childhood with the Ossining Spartans. She will be a senior at Pace University in the fall where she is studying health science on a nursing track. She has been teaching swim lessons at Pace for a year and has been a lifeguard and swim instructor at Sleepy Hollow Country Club the last 3 years.

Tessa D'Alessandro

She has been swimming and diving for CST since she was 4. She previously swam with the Rivertown Rays and the Pleasantville Varsity Swim Team. She will be entering her senior year at Pleasantville High School in the fall.