
MAGRATH POOL

*10050 Tigris River Valley Rd.
Fort Drum, NY*

Swim Lessons Available

We are currently providing swim lessons for children from ages of 6 months to 17 years old.

Parent and Tot (6 mo-3 yrs)

Preschool (4-5 yrs)

Level 1 (6-17 yrs)

Level 2 (6-17 yrs)

Level 3 (6-17 yrs)

Children's Swim Lessons



Tel: 315 772 6663 or 315 772 9673

Description of Classes

Parent and Child: Familiarize children between the ages of 6 months and approximately 3 years with the water and teach swimming readiness skills.



- Provide safety information for parents and teach techniques parents can use to orient their children to the water.

- No skill prerequisites
- Child must be at least 6 months old
- Parent must accompany child to each class

Preschool: To orient preschool-age children to the aquatic environment and to help them acquire rudimentary levels of basic aquatic skills.

- Familiarize children between the ages of 4 and 5 to the aquatic environment and help them acquire rudimentary basic aquatic skills.
- Help participants begin to develop positive attitudes and safe practices in and around water

Level 1: Introduction to Water Skills: Students will learn how to feel comfortable in the water and safely enjoy it.

- For the beginner who is comfortable in the water.



- Swimmers learn basics of swimming: bobbing, going under water, supported front and back floating, supported rolling over from front to back and back to front, supported gliding, supported flutter kick, supported front crawl arms and jumping in.

Level 2: Fundamentals of Aquatic Skills: Children will learn basic swimming skills.

- Swimmers should already be able to float on front and back and put their head under water.
- Swimmers will work on: independent front and back floating, independent rolling over from front to back and back to front, independent front and back glides, front crawl arms and kicks, back crawl arms and kicks, retrieving underwater objects, and jumping into water over their head.

Level 3: Stroke Development: Additional guided practice will help students improve their skills.

- Swimmers should already be comfortable swimming front stroke and swimming on their back.
- Swimmers will work on: gliding, freestyle with side breathing, backstroke, breast stroke and dolphin kicks, retrieving objects in deeper water, treading water, jumping into deep water and compact dives.

Questions or Comments?

Feel free to call 315-772-6663 or 315-772-9673

To Sign Up Call—315-772-6663