

Lesson Programs & Skill Breakdown

Float First TX's mission is twofold. We seek to expand access to high-quality, survival swim lessons for all ages, and to provide advanced, stroke refinement for competitive swimmers.

The following are all the lesson programs we have available to aid you in your lifelong swimming journey! If you're uncertain where your child (or you) should start, please email Coach Jake at jake@floatfirsttx.com. Please include the student's age, swimming history, and what you are wanting to learn in these classes.

Guppy Bootcamp

Class Info

- Teacher : Student Ratio - 1:1
- Length: 15 Minutes
- Frequency: 4 Days/Week
- Cost: \$30/Class

Class Skills

- Breath Control
- Floating
- Core Stability
- Swim-Float-Swim
- Kicking on Back

Guppy Level 1

Class Info

- Teacher : Student Ratio - 1:1
- Length: 15 Minutes
- Frequency: 2 Days/Week
- Cost: \$30/Class

Class Skills

- Streamline Kick on Back
- Streamline Rolls
- Bilateral Breathing
- Freestyle w/ Side Breathing
- Backstroke
- Butterfly Kick

Guppy Level 2

Class Info

- Teacher : Student Ratio - 1:1
- Length: 20 Minutes
- Frequency: 2 Days/Week
- Cost: \$40/Class

Class Skills

- Free/Back Endurance (50s)
- Breaststroke Kick on Back
- Butterfly Kick - Breathing Unassisted
- Backstroke Finishes

Grouper Level 1

Class Info

- Teacher : Student Ratio - 1:4
- Length: 40 Minutes
- Frequency: 2 Days/Week
- Cost: \$30/Class

Class Skills

- Butterfly Arms
- Breaststroke Arms
- Racing Dives
- Breakouts
- Flip turns & Open Turn

Grouper Level 2

Class Info

- Teacher : Student Ratio - 1:10
- Length: 55 Minutes
- Frequency: 2 Days/Week
- Cost: \$20/Class

Class Skills

- Legal 100 IM
- Breaststroke Underwater Pullout
- Diving from Blocks
- Underwaters

Adult Private Classes

Class Info

- Teacher:Student Ratio - 1:1 or 2*
- Length: 30 Minutes
- Frequency: 2 Days/Week
- Cost: \$60/Class

Class Skills

These classes are for both: 1) new students aged 10+, or 2) graduates of Grouper Level 2. They are for **ALL** skill levels. We will meet you at the skill level you are at, and we will help develop a personalized improvement plan based on your swimming goals.

*While we recommend keeping your class private, you are welcome to bring another person to your class (family member or friend) if this helps make learning to swim more comfortable (or more affordable).

Transition to Competitive Swimming

- We recommend our Guppy Level 2 students join and compete for a summer league swim team. These typically meet from late May through mid-July.
- Grouper Level 1s are skilled enough to join the novice group of a year-round competitive swim team (like the AAAA Yellow Group). Grouper Level 1 is skill level adjacent to AAAA's Yellow Group. Grouper Level 2 is adjacent to AAAA's Blue Group.