

SWIM LESSONS in the TRI-CITIES area



* The American Academy of Pediatrics states: "Anyone can drown, and it only takes seconds." "All children and parents need to learn to swim."

*Drowning is the #1 cause of death for children ages 1-4 and #2 for ages 5-19.

*All swim lessons are not created equally; please research the best option for your child. Progress should happen in WEEKS, not MONTHS.

*Swim lessons should focus on water competency and emphasize respect for the water over fun. Children should learn how to SELF-RESCUE (roll-to-float / reach the nearest exit). During lessons, children should have one-on-one instruction more often than they are sitting on the wall.

* Swimming can be a fun, family activity that helps to promote active lifestyles, so continue swim lessons even once children have learned survival skills.

* ALWAYS wear a life jacket when in natural water. Teenagers are especially at risk of drowning in lakes, rivers, and oceans.

*For more information on drowning prevention,
visit: www.levislegacy.com*



JOHNSON CITY

Remember to research the best program for your child, because all swim lessons are not created equally.



1

INFANT SWIMMING RESOURCE (ISR)

- 6 months-6 years
- Focus on self-rescue
- Teaches "roll to float"
- Memorial Park Community Center

<https://www.infantswim.com>

j.mason@infantswim.com

j.davis@infantswim.com

2

WELLNESS CENTER

- Group and Private
- Do NOT have to be a member
- Life-saving swimming and/or competitive techniques
- Flexibility with times

<http://experiencethewc.com/aquatics/>
423-431-6669

3

ETSU REC CENTER

- Group and Private

<https://www.etsu.edu/students/campusrec/aquatics/swimlessons.php>



KINGSPORT

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1

INFANT SWIMMING RESOURCE (ISR)

- 6 months-6 years
- Focus on self-rescue
- Teaches "roll to float"
- Kingsport Aquatic Center

<https://www.infantswim.com>

j.mason@infantswim.com
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2

KINGSPORT AQUATIC CENTER

- Group and Private
- Do NOT have to be a member
- Offers lessons for children and adults (baby and toddler lessons are not intended to teach children survival skills)

423-343-9758

3

KINGSPORT PIRHANAS

- Implements the SwimAmerica learn-to-swim program
- Ages 4- adult
- Year-round lessons in safety swimming and competitive lessons
- Dobyns-Bennett High School indoor swimming pool.

<https://www.teamunify.com/SwimLessons.jsp?team=sekp>

423-967-4264
swimKingsport@gmail.com

BRISTOL

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1 BRISTOL YMCA

- "Float 4 Life" Survival Swim Lessons for Infants and Toddlers (!!!)
- Group and Private
- Don't have to be a member

(423) 968-3133

<https://www.bristolymca.net>

2 BRISTOL VIRGINIA PUBLIC SCHOOLS

- Group and Private
- Ages 3 (potty trained) and up
- Swim Lessons
- Summer Swim Team
- Virginia High

<https://www.bvps.org>
mboyle@bvps.org

3 PRIVATE LESSONS

- Group and Private
- The Virginian
- Swim Team Option

(423) 967-4350
caldwell@bvu.net

4 LIFESTYLE FITNESS

- Group and Private
- Ages 3 and up
- Do NOT have to be a member

630-886-1636

5 NORTHEAST TN SWORDFISH

- NorthEast TN Swordfish
- Developmental and Competitive swim club
- TN High

<https://www.nets-swordfish.com>
423-366-3626
netsswordfish@gmail.com

ABINGDON

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1 EMORY & HENRY

- Group and Private
- Lifesaving Swimming and/or competitive techniques
- Indoor pool at Emory & Henry College

cskinner@ehc.edu
276-944-6747

2 COOMES CENTER

- Swim lessons
- Summer League
- Parent and Child Aquatics -("not designed to teach children to survive in the water on their own")
- "Learn to Swim" classes for ages 4 and up
- Variety of times

<https://www.coomescenter.com/aquatics>

3 GLENROCHIE COUNTRY CLUB

- Summer swim lessons
- Private and Group Lessons

276-628-3059