



Alexandria Swim Academy Frequently Asked Questions

WHAT IS THE ALEXANDRIA SWIM ACADEMY?

You asked – we listened! The Alexandria Swim Academy is a new and improved version of the Red Cross swim lessons Alexandria has been offering for years. Thank you to all of the swim lesson participants who have taken the time to submit program evaluations and in-person feedback. The new and improved Alexandria Swim Academy has been redesigned to better meet your needs.

WHAT CHANGES HAVE BEEN MADE?

- More youth levels 1, 2, and 3 group lessons
- Built-in swim level assessments for levels 1, 2, and 3 group lessons, taking the guesswork out of choosing the right level for beginning and intermediate swimmers
- More youth level 1 small group lessons
- More adult beginner group lessons
- Addition of youth level 2 small group lessons
- Addition of youth level 6 class
- Addition of youth swim clinics
- Return of teen swim team prep
- Return of adaptive swim team prep
- Responsive class days and times based on demand
- Staggered age class times on Saturdays and Sundays, helping families with multiple children in different levels or age groups to attend either simultaneous or back-to-back lessons
- More instructors and co-instructors on Saturdays and Sundays to minimize lesson cancellations

WHAT ARE THE NEW SWIM CLASS NAMES?

- Water Explorers (formerly Chinquababies, Chinquatots, and Seahorses)
- Alex Swim Levels 1-3 (formerly Frogs, Salamanders, Hammerheads, Crocodiles, Otters, and Penguins)
- FINS Level 2 (new)
- Alex Swim Level 4 (formerly Seals)
- Alex Swim Level 5 (formerly Dolphins)
- Alex Swim Level 6 (new)
- Youth Swim Clinic (new)
- Teen Swim Team Prep (returning)
- Adult Swim Clinic (formerly Swim Clinic)
- Dippers Adaptive Swim Level 1 (formerly Dippers Beginners)
- Dippers Adaptive Swim Level 2 (formerly Dippers Swimmers)
- Dippers Adaptive Swim Team Prep (formerly Special Olympics Swim Team Prep)

WHO SHOULD I CONTACT FOR MORE INFORMATION?

Contact the Registration & Reservation Office at 703.746.5414 Monday through Friday, 9 a.m.-7 p.m.