



# SWIM LESSONS

## Summer: June 3rd - August 8th

### Early Bird Registration

#### MEMBER PRICING

**Group** 4 Lessons: \$61, 8 Lessons: \$122  
**Private** 4 Lessons: \$142, 12 Lessons: \$390  
**Semi-Private** 4 Lessons: \$95, 12 Lessons: \$265  
*Semi privates must be requested in pairs*  
 All children's lessons are 30 minutes

Deadline is Thursday before the session start date

#### NON-MEMBER PRICING

**Group** 4 Lessons: \$85, 8 Lessons (M-Th): \$170  
**Private** 4 Lessons: \$190, 12 Lessons: \$520  
**Semi-Private** 4 Lessons: \$142, 12 Lessons: \$400  
*Semi privates must be requested in pairs*  
**Late Bird Registration incurs a \$5 Fee**

### Monday Through Thursday (8 classes), Mon/Wed & Tues/Thurs (4 classes)

<b>June A: June 3rd-13th</b> <b>June B: June 17th-27th</b>	<b>July A: July 1st-11th</b> <i>(no lessons 7/4)</i> <b>July B: July 15th-25th</b>	<b>August A:</b> <b>July 29th-August 8th</b>
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### Saturday or Sunday (4 classes/4-week session)

<b>June 8th-30th</b>	<b>July 6th-28th</b>	<b>August 3rd-25th</b>
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### Swim Levels

<b>Water Babies</b> <b>Parent &amp; Child Lessons</b> <b>Seahorse</b> (6-18 months) <b>Jellyfish</b> (19-36 months)	<b>Preschool Lessons</b> <b>Ages 3-5</b> <b>Starfish</b> (Preschool Level 1) <b>Flounder</b> (Preschool Level 2) <b>Eel</b> (Preschool Level 3) <b>Pre-Swim Team (Ages 4-8)</b> <b>Tiny Rays Team</b> (Coach approval required, 45 minutes, additional fee \$\$)	<b>Youth Lessons</b> <b>Ages 6-12</b> <b>Level 1</b> (Introduction) <b>Level 2</b> (Aquatic Skills) <b>Level 3</b> (Stroke Development) <b>Level 4</b> (Stroke Improvement) <b>Swim Team</b> (Try out required, 55 minutes, additional fee \$\$)
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To Register, complete an Aquatics Agreement Form and Registration Form and return to the service desk with payment.



# June - August

## LEARN TO SWIM Ages 6-15 Years

### WATER BABIES Parent participation required

#### Seahorse Ages 6-36 months

Further your child's comfort in the water by building confidence and independence. Children will play games, explore the water and learn basic swimming skills including floats and kicks.

*Graduation Requirement: Turn 3 years old*

**Mon/Wed or Tues/Thurs:** 11:00am, 4:30pm

**Saturdays:** 10:30am

**Sundays:** 11:30am

### PRESCHOOL Ages 3-5 years

#### Starfish (pre-Level 1) The Basics

The Starfish level is designed to orient your child to an aquatic environment and help them gain basic aquatic skills including breath control, floating and kicks.

*Graduation Requirements: Submerge independently and retrieve object with eyes open, independent glide to instructor, independent jump to instructor from poolside*

#### **Mondays & Wednesdays:**

10am, 10:30am, 11:30am, 4pm, 4:30pm, 5:30pm

#### **Tuesdays & Thursdays:**

10am, 11:30am, 4pm, 4:30pm, 5pm, 5:30pm

**Saturdays:** 10am, 11am, 11:30am

**Sundays:** 10am, 11am, 11:30am

#### Flounder (pre-Level 2) The Fundamentals

The Flounder level is designed to help children gain greater independence and develop more comfort in and around the water. Skills taught include floating, arm/leg actions and submersion.

*Graduation Requirements: Swim 5-10 ft with arm/leg action on front, independent roll from back to front & front to back float, jump in & swim back to side*

**Mondays & Wednesdays:** 10am, 11am, 4pm, 5pm

**Tuesdays & Thursdays:** 10am, 4:30, 5pm, 6pm

**Saturdays:** 10:30am, 11:30am

**Sundays:** 10:30am, 11:00am

#### Eel (pre-Level 3) Stroke Development

The Eel level helps children to gain propulsive skills and progress their stroke development. Skills taught include freestyle, backstroke and beginning breaststroke.

*Graduation Requirements: Swim 15-20 ft on front and back independently, swim breaststroke 10-15 ft*

**Mondays & Wednesdays:** 10:30am, 4pm

**Tuesdays & Thursdays:** 4pm, 6pm

**Saturdays:** 10:30am

**Sundays:** 11:30am

#### Level 1 The Basics

Level 1 helps participants to feel comfortable and acclimate to the water. Children will gain basic aquatic skills including breath control, floating and kicks.

*Graduation Requirements: Submerge independently and retrieve object with eyes open, independent glide to instructor, independent jump to instructor from poolside*

**Mondays & Wednesdays:** 10:30am, 4:30pm

**Tuesdays & Thursdays:** 10:30am, 4:30pm

**Saturdays:** 10:30am

**Sundays:** 10:00am

#### Level 2 The Fundamentals

Level 2 helps participants gain greater independence and develop more comfort in and around the water.

*Graduation Requirements: Swim 5-10 ft with arm/leg action on front, independent roll from back to front & front to back float, jump in & swim back to side*

**Mondays & Wednesdays:** 10:00am, 5pm, 6pm

**Tuesdays & Thursdays:** 10:00am, 11:00am, 5pm, 6pm

**Saturdays:** 11am

**Sundays:** 10am

#### Level 3 Stroke Development

Level 3 builds on the skills in Level 2 through additional guided practice.

*Graduation Requirements: Kneeling dive, rudimentary freestyle, backstroke, & breaststroke, tread in deep water, dolphin kick 10-15 yards*

**Mondays & Wednesdays:** 11:30am, 4pm, 5pm,

**Tuesdays & Thursdays:** 11:30am, 4pm, 6pm

**Saturdays:** 11:00am

**Sundays:** 10:30am

#### Level 4 Stroke Improvement

Level 4 helps develop confidence in the skills learned and improve additional aquatic skills.

*Graduation Requirements: 25 yds of each stroke, and a standing dive, tread water using 2 different kicks- Next step: Swim team. Those interested should contact the aquatics manager or swim team coach for a swim team tryout*

**Mondays & Wednesdays:** 5:30pm

**Tuesdays & Thursdays:** 10:30am, 5:30pm

**Saturdays:** 11:30am

**Sundays:** 11:30am