



7 Week Swim Lessons

Registration opens:
 April 10th for Members
 April 17th for Non-Members

When:	Tuesdays April 25 th - June 6 th Evenings	Wednesdays April 26 th - June 7 th Evenings	Saturdays April 29 th - June 10 th Mornings
Water Exploration (Parent/Child) 6 month-3 years			11:00 - 11:30
Water Acclimation Preschool (ages 3-5)		4:20 - 4:50 PM	9:00-9:30
Water Acclimation Youth (ages 6-12)	6:00 - 6:30 PM	5:00 - 5:30 PM	9:00-9:30
Water Movement Preschool (ages 3-5)		5:00 - 5:30 PM	9:40-10:10
Water Movement Youth (ages 6-12)		4:20 - 4:50 PM 6:00 - 6:30 PM	9:40-10:10
Water Stamina Preschool (ages 3-5)		5:40 - 6:10 PM	10:20-10:50
Water Stamina Youth (ages 6-12)	6:40 - 7:10 PM	6:40 - 7:10 PM	10:20-10:50
Stroke Intro Youth (ages 6-12)		7:20 - 7:50 PM	11:00 - 11:30
Stroke Development Youth (ages 6-12)	7:20 - 7:50 PM		

Family Members \$30 Youth members \$50 Non-Members \$90



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Water Exploration (Parent/Child) – The parent-child class helps promote water enrichment and aquatic readiness activities for children and their parents or another trusted adult. The class focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills. Emphasis on aquatic safety and building a positive relationship with the water.

Water Acclimation–In this first stage, water comfort increases with underwater exploration and basic self rescue skills are introduced and preformed with assistance. Develop basic skills to propel and glide through the water with instructor help.

Water Movement–The second stage encourages forward movement in water and basic self rescue skills preformed independently. Prerequisites include being comfortable in the water and able to fully submerge, with the face underwater. Swimmers develop basic skills to propel and glide through the water without instructor help. By the end of this class children should be able to swim unassisted for short distances.

Water Stamina–The third stage develops intermediate self rescue skills preformed at longer distances then the previous stages. Prerequisites include being able to swim unassisted and float. Children will integrate arm action, leg action, and rhythmic breathing in back and front glides, developing forward movement on the front and back.

Stroke Introduction–the fourth stage introduces basic stroke technique on front and back crawl and reinforces water safety through treading water and elementary backstroke. Prerequisites include being able to swim 15 meters on the front and back without assistance. Children will develop the front and back crawl and introducing butterfly and breaststroke.

Stroke Development–The fifth stage introduces butterfly and breaststroke and reinforces water safety through treading and sidestroke. Prerequisites include being able to swim front crawl with rotary breathing and back crawl proficiently and knowledge of the fundamentals for breaststroke and butterfly.

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