



Registration opens December 9<sup>th</sup> for Members

Registration opens December 16<sup>th</sup> for Non-Members

## 7 Week Swim Lessons

<b>When:</b>	<b>Tuesdays</b> January 7th – February 18th	<b>Thursdays</b> January 9th – February 20th	<b>Saturdays</b> January 11th – February 22nd
<b>Water Exploration (Parent&amp;Child)</b> 6 month-3 years			9:30-10:00AM
<b>Water Acclimation</b>			
Preschool (ages 3-5)	4:20-4:50PM 5:00-5:30PM		11:30-12:00PM
Youth (ages 6-12)		6:20-6:50PM	11:30-12:00PM
<b>Water Movement</b>			
Preschool (ages 3-5)	5:40-6:10 PM		10:50-11:20AM
Youth (ages 6-12)		5:40-6:10 PM	10:50-11:20AM
<b>Water Stamina</b>			
Preschool (ages 3-5)	6:20-6:50PM		10:10-10:40AM
Youth (ages 6-12)		5:00-5:30PM	10:10-10:40AM
<b>Stroke Introduction</b>			
Youth (ages 6-12)		4:20-4:50PM	9:30-10:00AM

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

**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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