



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# GROUP SWIM LESSONS

## SUMMER SESSION- REGISTER NOW!

Monday, June 24<sup>th</sup>- Saturday, August 17<sup>th</sup>

### PARENT & CHILD SWIM AGE 6 MONTHS TO 3 YEARS- 30 MINUTE CLASS.

Builds water safety skills for parents and children, helping infants and children become comfortable in the water so they are willing and ready to swim under the direction of our experienced staff. Includes a combination of water adjustment skills, songs and games. 15 Students Max.

SHRIMP	Monday	6/24-8/12	5:00 PM	
SHRIMP	Friday	6/28-8/16	5:30 PM	
SKIPPER	Saturday	6/29-8/17	10:00 AM	

### PRESCHOOL SWIM AGE 4 TO 5 YEARS - 30 MINUTE CLASS

Gives young children a developmentally appropriate aquatic learning experience that emphasizes water safety in a class environment with their peers. Our Pike level is for our first time swimmers with class goals of swimming without an adult assisted by a flotation device. Our Eel classes are for swimmers who may have taken lessons before with class goals of swimming with their face in the water, float and possibly swim without a flotation device. 7 Students Max.

PIKE	Monday	6/24-8/12	5:30PM	
PIKE	Saturday	6/29-8/17	9:00AM	
EEL	Monday	6/24-8/12	6:00PM	
EEL	Saturday	6/29-8/17	11:30AM	

### POLLIWOG: INTRO TO WATER SKILLS AGE 6 TO 13 YEARS - 30 MINUTE CLASS

Our Polliwog level will help students begin to feel comfortable in the water and to enjoy the water safely. Students will learn elementary water skills which they can build on as they progress. 7 Students Max.

POLLIWOG	Monday	6/24-8/12	6:30PM	
POLLIWOG	Friday	6/28-8/16	6:30PM	
POLLIWOG	Saturday	6/29-8/17	9:30AM	

### GUPPY: FUNDAMENTAL AQUATIC SKILLS AGE 6 TO 13 YEARS - 30 MINUTE CLASS

Our Guppy level will help students gain confidence and work on the basics of treading water, gliding and getting their face in the water. 7 Students Max.

GUPPY	Friday	6/28-8/16	6:00PM	
GUPPY	Saturday	6/29-8/17	10:30AM	



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### **MINNOW: STROKE DEVELOPMENT AGE 6 TO 13 YEARS - 30 MINUTE CLASS**

Our Minnow level will teach students how to knee-dive and progress their front crawl, backstroke and continue to develop their water treading skills. They will also glide on their front and back. 7 Students Max.

MINNOW	Friday	6/28-8/16	5:00PM
MINNOW	Saturday	6/29-8/17	11:00AM

### **FISH: STROKE IMPROVEMENT AGE 6 TO 13 YEARS - 45 MINUTE CLASS**

Our Fish level will learn how to improve their treading water skills and will progress to a standing dive as well as improving their stroke techniques. Students will be required to perform all four strokes in a 25 yard pool and perform a dive in order to join this class. Instructor permission is required to register. 7 Students Max.

FISH	Saturday	6/29-8/17	10:00AM
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### **FLYING FISH: SKILL PROFICIENCY AGE 6 TO 13 YEARS - 45 MINUTE CLASS**

Our Flying Fish and Shark levels are for students who have completed prior levels and are looking to develop a strong swimming endurance while perfecting their techniques. This is the last level before joining life guarding classes. Students will be required to perform all four strokes in a 25 yard pool and perform a dive in order to join this class. Instructor permission is required to register. 7 Students Max.

FLYING FISH	Saturday	6/29-8/17	10:45AM
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### **ADULT BEGINNER AGE 18+ YEARS - 60 MINUTE CLASS**

Our Adult Beginner class is for people who have little to no swimming experience. This class will go over everything from water safety to treading water to different swim strokes. 7 Students Max.

ADULT BEGINNER	Saturday	6/29-8/17	9:00AM
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GROUP LESSON FEES: Full member \$45.00 Program Member \$55.00 Non-member \$70.00

ADULT BEGINNER FEES: Full member \$65.00 Program Member \$85.00 Non-member \$100.00

Please note: Our Group Lessons are on a first-come, first-serve basis depending on availability at the time of registration. Instructors may vary from session to session. There will be no refunds issued. There is one make-up class built into each session due to unforeseen issues.

If more than one class is missed, no make-up is offered.