

# Youth Swimming

**Sessions:**

**Fall 1 (8 weeks)** Sept 7-Oct 31 (Mon prorated to 7 weeks)

**Fall 2 (7 weeks)** Nov 1-Dec 19 (omit Nov 25-28)  
(Thurs to Sun prorated to 6 weeks)

**Preschool Lessons**

Classes for ages 3-5 years old. Must be able to follow directions and be potty trained.

**Starfish**

This class is for children with no swim experience and are hesitant or afraid around the water. Games and songs are used to help teach preschoolers basic skills while becoming comfortable in the water.

Tues	11:30 am-12:00 pm
Wed	11:00-11:30 am
Sat	11:15-11:45 am
Sun	2:30-3:00 pm

**Guppy**

**Prerequisites:** Not afraid of the water.

This class continues building on basic skills by using games and songs. Underwater exploration is introduced.

Mon	12:00-12:30pm
Tues	11:00-11:30 am 6:00-6:30 pm
Wed	10:00-10:30 am
Thurs	12:30-1:00 pm 5:30-6:00 pm
Sat	11:00-11:30 am 11:45 am-12:15 pm
Sun	1:30-2:00 pm

**Penguin**

**Prerequisites:** Must be able to submerge completely.

Children should be extremely comfortable in the water. This class focuses on independent swimming.

Mon	12:30-1:00 pm 6:15-6:45 pm
Wed	10:30-11:30 am 7:00-7:30 pm
Thurs	11:00-11:30 am 1:00-1:30 pm
Sat	10:00-10:30 am 11:30 am-12:00 pm
Sun	2:00-2:30 pm

**Stingrays**

**Prerequisites:** Must be able to jump into deep end and swim independently ten feet. This class will begin to teach stroke techniques for the very advanced preschool swimmer. Director approval required.

**Stingrays 1**

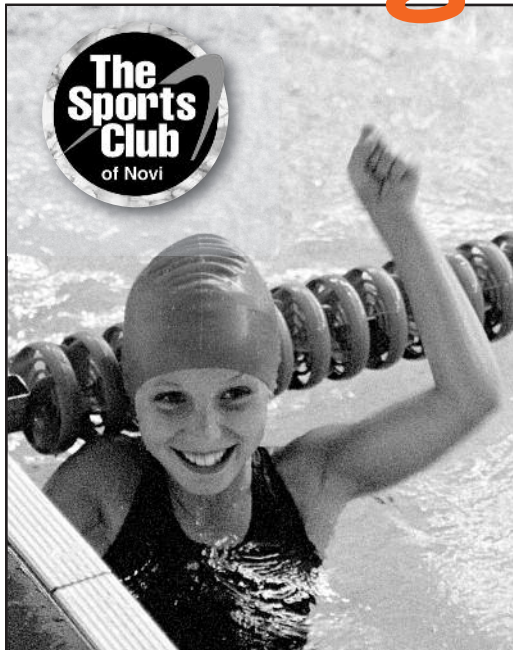
Thurs	10:30-11:00 am 1:30-2:00 pm
Sat	11:15-11:45 am

**Stingrays 2**

Thurs	10:00-10:30 am 11:45 am-12:15 pm
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**Cost: (Preschool and Youth Swim Lessons)**

	8 Weeks	7 Weeks
<b>Fitness Members</b>	<b>\$93</b>	<b>\$81</b>
<b>Program &amp; Tennis Members</b>	<b>\$98</b>	<b>\$86</b>



**Youth Swim Lessons**

Levels 1-6 are for school-aged children ages 5 and up, and follow American Red Cross level guidelines\*. Children are enrolled according to skill and not age. Please follow the prerequisite when enrolling your child in a class. All levels include safety lessons and aquatic games.

**Minnow, Fundamental Aquatic Skills**

**Prerequisites:** None

For those swimmers who are afraid of the water, cannot submerge completely, and cannot swimming independently.

Mon	7:00-7:30 pm
Wed	5:00-5:30 pm
Thurs	7:00-7:30 pm
Sat	10:30-11:00 am
Sun	1:00-1:30 pm

**Dolphin, Stroke Development**

**Prerequisites:** Independent swimming, minimum 5 feet, using any stroke, and must be able to submerge completely.

Mon	5:30-6:15 pm
Tues	6:30-7:15 pm
Thurs	6:15-7:00 pm
Sat	9:45-10:30 am 10:30-11:15 am
Sun	12:15-1:00 pm 1:45-2:30 pm

**Swordfish, Stroke Improvement**

**Prerequisites:** Front crawl with rhythmic breathing 3-meters, back crawl 3-meters. Jump into deep water unsupported and swim to side.

Mon	5:30-6:15 pm
Tues	5:30-6:15 pm
Thurs	6:00-6:45 pm
Sat	10:30-11:15 am
Sun	10:00-10:45 am 1:00-1:45 pm



**Porpoise, Stroke Refinement**

**Prerequisites:** Front crawl 15-meters, back crawl 15-meters, tread water, butterfly kick and body motion 15 feet.

Mon 6:15-7:00 pm

Wed 5:30-6:15 pm

Thurs 7:00-7:45 pm

Sat 9:45-10:30 am

Sun 10:45-11:30 am

**Shark, Stroke Refinement**

**Prerequisites:** Front crawl 25-meters, back crawl 25-meters, butterfly 15-meters, breaststroke 15-meters, elementary backstroke 15-meters.

Tues 6:15-7:00 pm

Sat 9:00-9:45 am

Sun 11:30 am-12:15 pm

**Otter, Swimming Proficiency**

**Prerequisites:** Front crawl 50-meters, back crawl 50-meters, butterfly 25-meters, breaststroke 25-meters, elementary backstroke 25-meters, sidestroke 25-meters.

Thurs 5:30-6:15 pm

Sat 9:00-9:45 am

Sun 12:15-1:00 pm

**Cost: (Minnow, Dolphin, Swordfish, Porpoise, Shark and Otter)**

	<b>8 Weeks</b>	<b>7 Weeks</b>
<b>Fitness Members</b>	<b>\$93</b>	<b>\$81</b>
<b>Program &amp; Tennis Members</b>	<b>\$98</b>	<b>\$86</b>

**Adult Fitness Swim**

Learn how to swim for fitness in addition to refining all four strokes. Workouts will be designed for all abilities, beginner to master's level (must at least be able to swim independently).

Tues and Thurs 10:00-11:00 am

**Cost: (Adult Fitness Swim)**

<b>Fitness Members</b>	<b>\$10 per class or \$80 - 10 class punch card</b>
<b>Program &amp; Tennis Members</b>	<b>\$12 per class or \$100 - 10 classes</b>

**Private Swim Lessons**

Private or semi-private lessons can accelerate the "Learn to Swim" process. Contact our Youth Swim Director Kris Goodrich at ext. 4009 to schedule a private lesson with one of our many experienced instructors.

**1/2-hour lesson rates:**

<b>Instructor</b>	<b>Fitness Members</b>	<b>Program &amp; Tennis Members</b>
<b>Kris Goodrich</b>	<b>\$37</b>	<b>\$40</b>
<b>Swim Instructors</b>	<b>\$27-32</b>	<b>\$30-34</b>
<b>Swim Team Coaches</b>	<b>\$36-37</b>	<b>\$39-40</b>

For semi-private lessons add \$6.00 for each additional child. Private lessons are available based on pool and instructor availability.