



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



**JUST ADD WATER**  
REGISTER NOW  
**SWIM LESSONS**

# Session: Fall I 2017

## September 16—October 29

<u>Class</u>	<u>Full Member</u>	<u>Program Member</u>
Parent/Child & Preschool Age	\$64	\$105
School Age & Weekend Adult	\$70	\$115
Weekday Adult	\$150	\$270

### Parent/Child

*Please note: these classes are 30 minutes*

#### Shrimp to Perch

Saturday: 9:00am; 9:30am; 10:30am  
Sunday: 9:30am

#### Parent w/ Pike

Saturday: 10:00am; 11:00am  
Sunday: 10:00am; 10:30am

### Preschool Age

*Please note: these classes are 30 minutes*

#### Pike

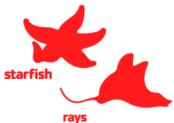
Saturday: 9:30am; 10:30am  
Sunday: 10:00am; 11:15am

#### Eel

Saturday: 9:00am; 10:00am; 11:00am  
Sunday: 9:30am; 10:30am

#### Rays & Starfish

Saturday: 11:45am



### School Age

*Please note: these classes are 45 minutes*

#### Poliwogs

Saturday: 10:00am  
Sunday: 9:30am

#### Guppies

Saturday: 11:45am  
Sunday: 11:15am

#### Minnows

Saturday: 10:45am  
Sunday: 10:15am

#### Fish

Saturday: 10:00am



### Adult

*Please note: these classes are 45 minutes*

#### Adult I & II

Saturday: 9:00am

#### Adult Stroke Improvement

Tuesday/Thursday: 7:30pm

**AQUATICS**  
SWIM LESSONS: ADULTS





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

# Swim Lesson Descriptions

## **SHRIMP TO PERCH Age: 6-18 months**

An introductory class focusing on basic comfort in the water, including skills such as bubble blowing and floating on front and back. Songs and games encourage the group to learn through activities.

## **PARENT WITH PIKE Age: 18 months -3 years**

An introductory class focusing on basic comfort in the water, including skills such as bubble blowing and floating on front and back. Transition away from the parent and into a group is encouraged for progression.

## **PIKE Age: 3-5 years**

**Level: Beginner**

An introductory class for new or anxious swimmers. Skills such as basic water safety, bubble blowing, and floating on front and back are learned.

## **EEL Age: 3-5 years**

**Level: Intermediate**

Swimmer must be able to comfortably put their face in the water and blow bubbles, jump in with assistance, paddle on front, float on back (with ears in water). Swimmers will enhance current skills and learn how to swim without an instructional aide.

## **RAY & STARFISH Age: 3-5 years**

**Level: Advanced**

Swimmer must be able to jump in without assistance and paddle on front and back the width of the pool without the use of an instructional aide. Swimmer exhibits a rudimentary front crawl (big arms) with basic rhythmic breathing, a rudimentary back crawl with arms, can demonstrate an elementary backstroke ("monkey-airplane-rocket"), and can bob 15 times.

## **POLLIWOG Age: 6-12 years**

**Level: Beginner**

Swimmer has little to no experience in an aquatic environment, might be anxious and/or fearful, may not be comfortable on the front or back, especially with the face in the water.

## **GUPPY Age: 6-12 years**

**Level: Advanced Beginner**

Swimmer must be able to jump in without assistance, swim on front and back for a continuous 25 yards each stroke and exhibit basic rhythmic breathing on freestyle, an understanding of the flutter kick.

## **MINNOW Age: 6-12 years**

**Level: Intermediate**

Swimmer must be able to tread water for 2 minutes, swim freestyle with rotary breathing for 25 yards, breaststroke for 25 yards with body roll, butterfly for 15 yards, sidestroke for 15 yards.

## **FISH Age: 6-12 years**

**Level: Advanced**

Swimmer must be able to swim a smooth freestyle, backstroke, and breaststroke, be able to perform a continuous 100 yards of each.

## **Adult I/II Age: 13 and up**

**Level: Beginner-Advanced Beginner**

An introductory class for new or anxious swimmers. Skills such as breath control and floating and kicking on front and back. Basic instruction on rudimentary front and back crawl will also be taught.

## **Adult Stroke Improvement Age: 13 and up**

**Level: Intermediate**

A class focusing on refining basic swim strokes and technique.