



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM LESSONS

SWIM STARTERS

Parent & Child: Stages A & B

ages 6 months – 3 years

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

A / Water Discovery (ages 6–18 months): Parents accompany children in Stage A, which introduces infants and toddlers through exploration and encourages them to enjoy themselves while learning about the water.

B / Water Exploration (ages 19 months –36 months): In Stage B parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatics skills.

Class #	Class Name	Min. Age	Max. Age	Day	Begin Time	End Time	Begin Date	End Date	Full Mem.	Prog. Mem.
02101-03	A / Water Discovery	6 mo.	2	Sat	9:35am	10:05am	9/7/19	10/26/19	\$85	\$135
02101-04	A / Water Discovery	6 mo.	2	Sun	9:35am	10:05am	9/8/19	10/27/19	\$85	\$135
02101-05	B / Water Exploration	1	3	Sat	9:35am	10:05am	9/7/19	10/26/19	\$85	\$135
02101-06	B / Water Exploration	1	3	Sun	9:35am	10:05am	9/7/19	10/26/19	\$85	\$135

SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim – sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

1 / Water Acclimation: Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student’s future progress in swimming.

2 / Water Movement: In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

3 / Water Stamina: In stage 3, students learn how to swim safely from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

4 / Stroke Introduction: Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM LESSONS

5 / Stroke Development: Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

6 / Stroke Mechanics: In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

Youth Stroke Development: A class for advanced swimmers who can swim a 200 individual medley of freestyle, backstroke, breaststroke, and butterfly, performing flip turns and race dives.

Adult Stroke Clinic: Coached workout for open water swims, triathlons, swim meets or fitness. Workouts separated into drill, distance and speed.

Master Swim: Designed for the triathlete or competitive swimmer who wants to improve time and strokes.

Preschool

ages 3 years - 5 years

Class #	Class Name	Min. Age	Max. Age	Day	Begin Time	End Time	Begin Date	End Date	Full Mem.	Prog. Mem.
02101-30	1 / Water Acclimation	3	5	Sat	11:00am	11:30am	9/7/19	10/26/19	\$85	\$135
02101-33	1 / Water Acclimation	3	5	Sun	11:00am	11:30am	9/8/19	10/27/19	\$85	\$135
02101-23	2 / Water Movement	3	5	Sat	9:35am	10:05am	9/7/19	10/26/19	\$85	\$135
02101-29	2/ Water Movement	3	5	Sat	11:00am	11:30am	9/7/19	10/26/19	\$85	\$135
02101-32	2 / Water Movement	3	5	Sun	9:35am	10:05am	9/8/19	10/27/19	\$85	\$135
02101-34	2 / Water Movement	3	5	Sun	11:00am	11:30am	9/8/19	10/27/19	\$85	\$135
02101-78	3 / Water Stamina	3	5	Sat	9:35am	10:05am	9/7/19	10/26/19	\$85	\$135
02101-79	3 / Water Stamina	3	5	Sat	11:00am	11:30am	9/7/19	10/26/19	\$85	\$135
02101-81	3 / Water Stamina	3	5	Sun	9:35am	10:05am	9/8/19	10/27/19	\$85	\$135
02101-82	3 / Water Stamina	3	5	Sun	11:00am	11:30am	9/8/19	10/27/19	\$85	\$135
02102-04	4 / Stroke Introduction	3	5	Sat	9:35am	10:05am	9/7/19	10/26/19	\$85	\$135
02102-05	4 / Stroke Introduction	3	5	Sat	11:00am	11:30am	9/7/19	10/26/19	\$85	\$135
02102-06	4 / Stroke Introduction	3	5	Sun	9:35am	10:05am	9/8/19	10/27/19	\$85	\$135
02102-07	4 / Stroke Introduction	3	5	Sun	11:00am	11:30am	9/8/19	10/27/19	\$85	\$135



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM LESSONS

Youth

ages 6 years - 12 years

Class #	Class Name	Min. Age	Max. Age	Day	Begin Time	End Time	Begin Date	End Date	Full Mem.	Prog. Mem.
02201-07	1 / Water Acclimation	6	12	Sat	10:10am	10:55am	9/7/19	10/26/19	\$85	\$135
02203-04	1 / Water Acclimation	6	12	Sun	1:20pm	1:05pm	9/8/19	10/27/19	\$85	\$135
02201-09	2 / Water Movement	6	12	Sat	10:10am	10:55am	9/7/19	10/26/19	\$85	\$135
02201-10	2 / Water Movement	6	12	Sat	11:35am	12:20pm	9/7/19	10/26/19	\$85	\$135
02201-11	2 / Water Movement	6	12	Sun	10:10am	10:55am	9/8/19	10/27/19	\$85	\$135
02201-12	2 / Water Movement	6	12	Sun	11:35am	12:20pm	9/8/19	10/27/19	\$85	\$135
02201-19	3 / Water Stamina	6	12	Sat	10:10am	10:55am	9/7/19	10/26/19	\$85	\$135
02202-20	3 / Water Stamina	6	12	Sat	11:35am	12:20pm	9/7/19	10/26/19	\$85	\$135
02201-33	3 / Water Stamina	6	12	Sun	10:10am	10:55am	9/8/19	10/27/19	\$85	\$135
02203-05	3 / Water Stamina	6	12	Sun	1:20pm	2:05pm	9/8/19	10/27/19	\$85	\$135
02202-23	3 / Water Stamina	6	12	Sun	11:35am	12:20pm	9/8/19	10/27/19	\$85	\$135
02201-45	4 / Stroke Introduction	6	12	Sat	10:10am	10:55am	9/7/19	10/26/19	\$85	\$135
02202-46	4 / Stroke Introduction	6	12	Sat	12:30pm	1:15pm	9/7/19	10/26/19	\$85	\$135
02201-47	4 / Stroke Introduction	6	12	Sun	10:10am	10:55am	9/8/19	10/27/19	\$85	\$135
02201-48	4 / Stroke Introduction	6	12	Sun	12:30pm	1:15pm	9/8/19	10/27/19	\$85	\$135
02202-07	5 / Stroke Development	6	12	Sat	11:35am	12:20pm	9/7/19	10/26/19	\$85	\$135
02202-30	5 / Stroke Development	6	12	Sun	11:35am	12:20pm	9/8/19	10/27/19	\$85	\$135
02203-31	5 / Stroke Development	6	12	Sun	12:30pm	1:15pm	9/8/19	10/27/19	\$85	\$135
02202-42	6 / Stroke Mechanics	6	12	Sat	11:35am	12:20pm	9/7/19	10/26/19	\$85	\$135
02202-43	6 / Stroke Mechanics	6	12	Sun	11:35am	12:20pm	9/8/19	10/27/19	\$85	\$135
02203-06	6 / Stroke Mechanics	6	12	Sun	1:20pm	2:05pm	9/8/19	10/27/19	\$85	\$135
02501-02	Youth Stroke Development	6	13	Sat/ Sun	12:30pm	1:15pm	9/7/19	10/26/19	\$140	\$200



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM LESSONS

Teen & Adults

ages 13 years & up

Class #	Class Name	Min. Age	Max. Age	Day	Begin Time	End Time	Begin Date	End Date	Full Mem.	Prog. Mem.
02301-54	1-6 / Teens	13	17	Sat	12:30pm	1:15pm	9/7/19	10/26/19	\$85	\$135
02301-05	1 & 2 / Adults	18	101	Thu	9:20am	10:10am	9/5/19	10/24/19	\$85	\$135
02301-02	1 & 2 / Adults	18	101	Sat	8:35am	9:25am	9/7/19	10/26/19	\$85	\$135
02301-03	3 & 4 / Adults	18	101	Thu	10:15am	11:05am	9/5/19	10/24/19	\$85	\$135
02301-06	3 & 4 / Adults	18	101	Sat	8:35am	9:25am	9/7/19	10/26/19	\$85	\$135
02301-04	5 & 6 / Adults	18	101	Thu	11:10am	12:00pm	9/5/19	10/24/19	\$85	\$135
02301-07	5 & 6 / Adults	18	101	Sat	8:35am	9:25am	9/7/19	10/26/19	\$85	\$135
02301-11	Adult Stroke Clinic	18	101	M & W	6:30am	7:30am	9/4/19	10/23/19	\$120	\$180
02301-50	Master Swim	18	101	M & R	8:15pm	9:30pm	9/5/19	5/21/20	\$600	\$800
02301-51	Master Swim – Session 1	18	101	M & R	8:15pm	9:30pm	9/5/19	12/19/19	\$280	\$360

All classes have a minimum enrollment requirement. Program with less than the minimum may be cancelled or combined.