



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

SPRING SWIM LESSONS

SESSION DATES **APRIL 2nd – April 27th** / **APRIL 30th – MAY 25th**

PARENT/CHILD LESSONS

AGES: 6-36 MONTHS
 MON/WED 3:30-4:00 PM
 MON/WED 5:30-6:00 PM
 TUE/THU 10:00-10:30 AM
 TUE/THU 3:30-4:00 PM
 TUE/THU 5:30-6:00 PM
 SATURDAY 9:00-9:30 AM
WEEKDAY COST:
 \$40 MEMBER / \$80 NON-MEMBER
SATURDAY COST:
 \$20 MEMBER / \$40 NON-MEMBER

PRESCHOOL LESSONS

AGES: 3-5 YEARS
 MON/WED 3:30-4:00 PM (ADV. BEG.)
 MON/WED 4:05-4:35 PM (ADV. BEG.)
 TUE/THU 9:30-10:00 AM
 TUE/THU 5:30-6:00 PM
 SATURDAY 9:00-9:30 AM (BEGINNER)
 9:35-10:05 AM
WEEKDAY COST:
 \$40 MEMBER / \$80 NON-MEMBER
SATURDAY COST:
 \$20 MEMBER / \$40 NON-MEMBER

SEMI-PRIVATE LESSONS

AGES: 3-5 YEARS
 MON/WED 3:30-4:00 PM
 TUE/THU 3:30-4:00 PM
 SATURDAY 9:35-10:05 AM
WEEKDAY COST:
 \$60 MEMBER / \$120 NON-MEMBER
SATURDAY COST:
 \$30 MEMBER / \$60 NON-MEMBER

YOUTH LESSONS

AGES: 6-12 YEARS
 MON/WED 4:40-5:25 PM
 TUE/THU 4:40-5:25 PM
 TUE/THU 6:00-6:45 PM (BEGINNER)
 SATURDAY 10:10-10:55 AM
WEEKDAY COST:
 \$40 MEMBER / \$80 NON-MEMBER
SATURDAY COST:
 \$20 MEMBER / \$40 NON-MEMBER

PRIVATE SWIM LESSONS

AGES: ALL AGES
 All Private Swim Lessons are set up through the Aquatics Office.
COST (HALF HOUR SESSIONS):
 1 SESSION:
 \$25 MEMBER / \$50 PROGRAM
 8 SESSIONS:
 \$140 MEMBER / \$300 NON-MEMBER

ADULT LESSONS

MON/WED 9:45-10:30 AM
 MON/WED 6:00-6:45 PM
COST:
 \$40 MEMBER / \$80 NON-MEMBER

MOVING FORWARD

CALL FOR AVAILABILITY
COST:
 \$40 MEMBER / \$80 NON-MEMBER

SWIM TEAMS

AGES: 8-18 YEARS

PRE-SWIM TEAM

MON-THU / 6:00-7:00 PM

COST: \$55 / \$95

SWIM TEAM

MON-FRI / 6:00-7:30 PM

COST: \$65 / \$105

SESSIONS:

APR 1st – APR 30th

MAY 1st – MAY 31st



SWIM LESSONS

DEFINITION OF CLASSES

YOUTH LESSONS

PARENT/CHILD (6-36 mos.)

The Parent/Child class emphasizes water adjustment, parenting skills, and water safety. Special attention is given to the varying developmental stages of this group. Goals for this program include the child's enjoyment and adjustment in and around the water, while instructing parents how to assist in the development of their children's future swimming skills.

PRESCHOOL (Ages 3-5)

Children work under the direct supervision of qualified instructors to learn basic swimming techniques, water safety, confidence in and around the water. Children will move at his/her own pace.

Preschool Levels

Pike/ Eel (Beginner)

Ray/ Starfish (Advanced Beginner)

SEMI-PRIVATE PRESCHOOL LESSONS (Ages 3-5)

These classes are the same as regular Preschool lessons with a smaller student/teacher ratio.

YOUTH (Ages 6-12)

The goal of youth swim lessons is to develop the child toward student-centered learning. This forty-five minute program offers personal safety, personal growth, stroke development, water games, sports, and basic water rescue. Child should be aware of and follow pool rules. The instructor will teach swimming techniques that are matched according to each child's skills and learning abilities. The more advanced your child becomes in this program, the more strokes he/she will learn.

Youth Levels

Polliwog (Beginner)

Guppy (Advanced Beginner)

Minnow/Fish (Intermediate)

Flying Fish/ Shark (Advanced)

PRE-SWIM TEAM (Ages 8-18)

Coached by Nikki Smith, Fred Bartlett

Introducing swim team skills (starts, turns, stroke development, how to swim a workout). Tryouts will be at the beginning of each session with swimmers either being placed on the proper team or in the proper swim lesson. This is a competitive team and swimmers will be given the opportunity to attend swim meets.

Practices are Monday-Thursday, 6:00 pm - 7:00 pm

SWIM TEAM (Ages 8-18)

Coached by Paul Zimmerman and Mike Morrall

This is a year-round competitive swim team. We will be attending YMCA sponsored swim meets in the area. Your child will learn stroke technique, racing technique, team work and sportsmanship all while getting a great workout.

Practices are Monday-Friday, 6:00 pm - 7:30 pm

ADULT LESSONS

ADULT LESSONS

Terrified of the water? Let us teach you how to swim! Classes consist of instruction in basic swimming, stroke techniques, and personal safety skills. Class is set up to move at your own pace with no pressure to advance too quickly.

MOVING FORWARD

This is a specialized program for people who want one-on-one assisted exercise in the water. These sessions are held in chest-deep water and use a variety of equipment and aquatic apparatus. This class is recommended for those recovering from stroke, accidents, CP, etc.