



# SWIM LESSONS

## SWIM STARTERS

### for Parent & Child 6 months–3 years

- One lesson per week: \$22 for Members; \$37 for Non-Members

Outcomes from Swim Starters Stages A & B = Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experience. Parents learn about water safety, drowning prevention, and the importance of supervision.

## Stage A: Water Discovery/Stage B: Water Exploration

Monday	Wednesday	Thursday	Saturday
5:40–6:10 p.m.	5:40–6:10 p.m.	5:30–6:00 p.m.	9:00–9:30 a.m. 9:45–10:15 a.m.

Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.

**\*No swim lessons Thursday, July 4th**

## SWIM BASICS & SWIM STROKES

### for Preschool 3–5 years

(Recommended skills for all to have around water)

- One lesson per week: \$40 for Members; \$68 for Non-Members
- Two lessons per week: \$75 for Members; \$130 for Non-Members

Outcomes for Swim Basics Stages 1–3: Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

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

**\*No swim lessons Thursday, July 4th**

## Stage 1: Water Acclimation

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

Monday	Tuesday	Wednesday	Thursday	Saturday
4:45–5:25 p.m. 5:30–6:10 p.m.	4:00–4:40 p.m. 6:15–6:55 p.m.	4:45–5:25 p.m. 5:30–6:10 p.m.	4:00–4:40 p.m. 5:30–6:10 p.m.	9:00–9:40 a.m.

## Stage 2: Water Movement

Encourages forward movement in water and basic self-rescue skills performed independently.

Monday	Tuesday	Wednesday	Thursday	Saturday
4:45-5:25 p.m. 5:30-6:10 p.m.	4:00-4:40 p.m. 6:15-6:55 p.m.	4:45-5:25 p.m. 5:30-6:10 p.m.	9:00-9:40 a.m. 4:00-4:40 p.m. 5:30-6:10 p.m.	9:00-9:40 a.m.

## Stage 3: Water Stamina

Develops intermediate self-rescue skills performed at longer distances than in previous stages.

Monday	Tuesday	Wednesday	Thursday	Saturday
4:00-4:40 p.m. 6:15-6:55 p.m.	4:45-5:25 p.m. 5:30-6:10 p.m.	4:00-4:40 p.m. 6:15-6:55 p.m.	4:45-5:25 p.m. 6:15-6:55 p.m.	9:45-10:25 a.m.

## Stage 4: Stroke Introduction

Introduces basic stroke technique in front crawl and reinforces water safety through treading water and elementary backstroke.

Monday	Tuesday	Wednesday	Thursday	Saturday
4:00-4:40 p.m. 6:15-6:55 p.m.	4:45-5:25 p.m. 5:30-6:10 p.m.	4:00-4:40 p.m. 6:15-6:55 p.m.	4:45-5:25 p.m. 6:15-6:55 p.m.	9:45-10:25 a.m.

## SWIM BASICS & SWIM STROKES

### for School-Age 6-12 years

(Recommended skills for all to have around water and skills to support a healthy lifestyle)

- One lesson per week: \$40 for Members; \$68 for Non-Members
- Two lessons per week: \$75 for Members; \$130 for Non-Members

Outcomes for Swim Strokes Stages 4-6: Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, helping develop skills that prevent chronic disease, increase social, emotional, and cognitive well-being, and foster a lifetime of physical activity.

**\*No swim lessons Thursday, July 4th**

## Stage 1: Water Acclimation

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

Monday	Tuesday	Wednesday	Thursday	Saturday
4:45-5:25 p.m. 5:30-6:10 p.m.	4:00-4:40 p.m. 6:15-6:55 p.m.	4:45-5:25 p.m. 5:30-6:10 p.m.	4:00-4:40 p.m. 5:30-6:10 p.m.	9:00-9:40 a.m.

## Stage 2: Water Movement

Encourages forward movement in water and basic self-rescue skills performed independently.

Monday	Tuesday	Wednesday	Thursday	Saturday
4:45-5:25 p.m. 5:30-6:10 p.m.	4:00-4:40 p.m. 6:15-6:55 p.m.	4:45-5:25 p.m. 5:30-6:10 p.m.	4:00-4:40 p.m. 5:30-6:10 p.m.	9:00-9:40 a.m.

### Stage 3: Water Stamina

Develops intermediate self-rescue skills performed at longer distances than in previous stages.

Monday	Tuesday	Wednesday	Thursday	Saturday
4:00-4:40 p.m. 6:15-6:55 p.m.	4:45-5:25 p.m. 5:30-6:10 p.m.	4:00-4:40 p.m. 6:15-6:55 p.m.	4:45-5:25 p.m. 6:15-6:55 p.m.	9:45-10:25 a.m.

### Stage 4: Stroke Introduction

Introduces basic stroke technique in front crawl and reinforces water safety through treading water and elementary backstroke.

Monday	Tuesday	Wednesday	Thursday	Saturday
4:00-4:40 p.m. 6:15-6:55 p.m.	4:45-5:25 p.m. 5:30-6:10 p.m.	4:00-4:40 p.m. 6:15-6:55 p.m.	4:45-5:25 p.m. 6:15-6:55 p.m.	9:45-10:25 a.m.

### Stage 5: Stroke Development

Introduces breaststroke and butterfly and reinforces water safety through treading and sidestroke.

Monday	Tuesday
5:00-5:40 p.m.	5:00-5:40 p.m.

### Stage 6: Stroke Mechanics

Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

Monday	Tuesday
5:00-5:40 p.m.	5:00-5:40 p.m.

## SWIM BASICS & SWIM STROKES

### for Teen & Adult 12+ years

(Recommended skills for all to have around water and skills to support a healthy lifestyle)

- One lesson per week: \$40 for Members; \$68 for Non-Members
- Two lessons per week: \$75 for Members; \$130 for Non-Members

#### Stage 1-6: Available for Teens & Adults based on skill testing.

Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

	Wednesday	Saturday
	6:15-6:55 p.m.	10:30-11:15 a.m.

Outcomes for Swim Strokes Stages 4-6: Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, helping develop skills that prevent chronic disease, increase social, emotional, and cognitive well-being, and foster a lifetime of physical activity.

## INDIVIDUAL & SMALL GROUP PRIVATE SWIM LESSONS

Private lessons are taught outside of regular lesson times with only Y/USA certified coaches and instructors.

Participants wanting a small group class with 2 or 3 swimmers must register at the same time as the other participants. Lesson time and instructor must be arranged prior to registering for classes.

**\*Prices are per participant – \$10 fee added to Non-Members.**

4 x 30 minute lessons

**Cost:**

- 1 Swimmer - \$100
- 2 Swimmers - \$74
- 3 Swimmers - \$56

8 x 30 minute lessons

**Cost:**

- 1 Swimmer - \$160
- 2 Swimmers - \$119
- 3 Swimmers - \$90