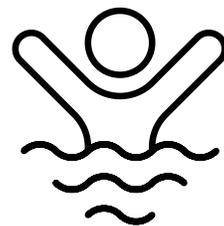


Classes Begin
April 19th!

SWIM LESSONS



WHAT YOU NEED TO KNOW:

Swim lesson registration for all swim levels will end the Thursday before the program starts. Pricing below is for the entire 8 week session. A maximum of 4 members and 1 instructor per class will be allowed. If the maximum amount is not made, your child may have the option of being placed in another class. [Swim lessons are now open to Y members & non-members!](#) A \$5 key tag charge is required for non-members and is refundable at the end of the swim lesson session.

SWIM STARTERS – FAMILY POOL

For Parent & Child 6 months – 3 years

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

Cost: 1 lesson per week: \$30 members / \$60 non-members

Class Availability:

Saturdays 9:00 – 9:30 a.m. | 9:45 – 10:15 a.m.

SWIM BASICS & STROKES – FAMILY POOL

For Preschool 3–5 years

Outcomes for Swim Basics Stages 1–4: swimmers will learn personal water safety and achieve basic swimming competency by learning benchmark skills: swim, float, swim-sequencing, front glide, roll back float, exit jump, push, turn & grab.

Swimmers will receive a 35 minute swim lessons with a 5 minute instructor feedback at the end of every lesson.

Cost:

- One lesson per week: \$50 members / \$100 non-members
- Two lessons per week: \$90 members / \$180 non-members

Stage 1: Water Acclimation

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

Class Availability:

Mondays 4:45 – 5:30 p.m.

Tuesdays 5:45 – 6:30 p.m.

Wednesdays 4:45 – 5:30 p.m.

Thursdays 5:45 – 6:30 p.m.

Saturdays 9:00 – 9:45 a.m.

Stage 2: Water Movement

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

Class Availability:

Mondays 4:45 – 5:30 p.m.

Tuesdays 5:45 – 6:30 p.m.

Wednesdays 4:45 – 5:30 p.m.

Thursdays 5:45 – 6:30 p.m.

Saturdays 10:00 – 10:45 a.m.

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SWIM LESSONS

Stage 3: Water Stamina

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

Class Availability:

Mondays 5:45 - 6:30 p.m.
Tuesdays 4:45 - 5:30 p.m.
Wednesdays 5:45 - 6:30 p.m.
Thursdays 4:45 - 5:30 p.m.
Saturdays 9:00 - 9:45 a.m.

Stage 4: Stroke Introduction

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

Class Availability:

Monday 5:45 - 6:30 p.m.
Tuesdays 4:45 - 5:30 p.m.
Wednesdays 5:45 - 6:30 p.m.
Thursday 4:45 - 5:30 p.m.
Saturday 10:00 - 10:45 a.m.

GATOR TOTS - LAP POOL

For swimmers who successfully completed any stage 4 lesson and able to swim 25 yards freestyle and backstroke without assistance.

Cost:

- One lesson per week: \$50 members / \$100 non-members
- Two lessons per week: \$90 members / \$180 non-members

Class Availability:

Tuesdays 5:00 - 5:45 p.m.
Thursdays 5:00 - 5:45 p.m.

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. Private swim lessons are now open for Y members & non-members!!

Cost for 4, :30 minute lessons **Pricing is per participant**

1 Swimmer - \$100 member / \$200 non-member
2 Swimmers - \$74 per member swimmer / \$148 per non-member swimmer
3 Swimmers - \$56 per member swimmer / \$112 per non-member swimmer
4 Swimmers - \$38 per member swimmer / \$76 per non-member swimmer

Cost for 8, :30 minute lessons **Pricing is per participant**

1 Swimmer - \$160 member / \$320 non-member
2 Swimmers - \$119 per member swimmer / \$238 per non-member swimmer
3 Swimmers - \$90 per swimmer / \$180 per non-member swimmer
4 Swimmers - \$61 per swimmer / \$122 per non-member swimmer

For more information about swim lessons contact
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