

Aquatics: Tot & Preschool Lessons

Parent/Child Classes *ages 6 months-3 years*

Swim diapers required for ages 6 months - 3 years.

Parent/Tot *ages 6-24 months:* No skills required. Parent assisted program designed to increase comfort in the water with a positive learning environment.

SAT, 9:30 – 10:00 am

Two Much Fun *ages 24-36 months:* No skills required. An introduction to Pike I for children 24-36 months with their parents' participation. In class: they will learn to blow bubbles, put face in water and proper kicking.

SAT, 10:05 – 10:35 am

Preschool Swim Lessons *ages 3-5*

Thirty minute classes. Swim diapers required for 3- year-olds.

Pike: No skills required. Water readiness. In class: will learn to blow bubbles put, face in water and proper kicking, paddling, and front and back floats with use of flotation devices.

MW: 4:00 pm; 5:10 pm TU/TH: 4:00 pm; 6:00 pm
SAT: 9:30 am; 10:05 am

Eel: Skills required: Put face in water, float on back and front w/ assistance, swim 5 feet without flotation. In class: Will learn to bob, kick on back, front and back float, swim without assistance 15 feet, wet ball and synchronized swimming skills.

MW: 4:00 pm; 5:10 pm TU/TH: 4:00 pm; 6:00 pm
SAT: 10:40 am

Ray: Skills required: Swim without flotation device 15 feet, float on front and back, and jump into water without help. In class: Will learn front crawl, elementary back-stroke, treading water, synchronized swimming skills, and wet ball activities.

MW: 4:35 pm TU/TH: 5:25 pm SAT: 10:40 am

Starfish Skills required: Tread water, swim 25 feet using a modified crawl stroke and swim on back. In class: Will learn survival float, kneeling and sitting dives, boating safety, to coordinate front crawl with rotary breathing and back crawl 25 yards.

MW: 4:35 pm TU/TH: 5:25 pm SAT: 10:40 am



Session Dates

Weekday Lessons: 6-wk sessions • 2-days a wk
Saturday Lessons: 6-wk sessions • 1-day a wk

Session 1: Jan. 9 - Feb. 18

No class on Jan. 18. Make-up, Jan. 22
Registration begins December 14

Session 2: Feb. 20 - April 1

Registration begins January 25

Session 3: April 12 - May 22

Registration begins March 15

Note: No refunds for unattended lessons. Weekday classes canceled by the Y will be made up on the following Friday.

Swim Lesson Fees

Weekdays: MEM: \$90 PRO: \$135
Saturdays: MEM: \$60 PRO: \$95



Private Swim Lessons

Private/Semi-Private Swim Lesson:

members only ages 3+: Private (1:1 ratio) and semi-private (2:1 ratio) swim lessons are available on a first come, first served basis. To request private lessons visit the Registration Office and submit a Private Lesson Request form.

Private MEM: \$120 (3 hours)

Semi-Private MEM: \$80 (per person-3 hours)

*must register as a pair

Pool Buddies: Four hours of instruction for 3 or more persons (usually in eight 30-min. classes)
MEM: \$65 person PRO: \$95 person