

# Aquatics: Youth Swim Lessons, ages 6-12

## Youth Swim Lessons *ages 6-12*

Classes are 45 minutes.

**Polliwog:** No skills required. In class: Will be introduced to the front crawl, front and back floats, putting face in water and personal safety skills.

M/W: 5:45 pm • TU/TH: 6:35 pm • SAT: 11:15 am

**Guppy:** Skills required: Blow bubbles, put face in water, float on front and back, and paddle 15 feet without assistance. In class: Will learn to tread water, rudimentary 25 yards front and back crawl, jump into deep end, and kneeling dive.

M/W: 6:35 pm • TU/TH: 4:35 pm • SAT: 11:15 am

**Minnow:** Skill required: Rudimentary 25 yd. front and back crawl, jump in deep end, and tread water for 30 seconds. In class: Will build endurance swimming, reinforce fundamentals of front crawl, elementary backstroke, and diving. Introduction to breaststroke arm pull. Emphasize rescue and safety skills.

M/W: 6:35 pm • TU/TH: 4:35 pm • SAT: 12:05 pm

**Fish/Flying Fish/Shark:** Skills required: Swim two lengths of both front crawl and back stroke in good form. Can dive in water. In class: Will learn to perform 50 yards of each: breaststroke, sidestroke and open turns.

M/W: 5:45 pm • TU/TH: 6:35 pm • SAT: 12:05 pm

## 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



## 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



## Swim Clinic *ages 6-12*

**Youth Stroke Clinic:** Minnow, Fish, Flying Fish, and Shark levels - Swimmers will review and refine all four competitive strokes while building endurance.

Session 1: March 8 – April 1

Session 2: April 12 – May 6

M/W or TU/TH at 5:30 pm

MEM: \$60 PRO: \$90

