

Aquatics: Youth & Adult Lessons

Youth Classes *ages 6-12*

Polliwog (Beginner): No skills required. Child will be introduced to the front crawl, front & back floats, putting his/her face in the water, and personal safety skills.

TU/TH: 6:00 – 6:45 pm • SAT: 10:55 – 11:40 am

Guppy (Advanced Beginner): Skills required. Child can blow bubbles, put head under water, float, and paddle without assistance. He/she will learn rotary breathing, develop front crawl stroke, sitting dives, survival float for one minute and treading water.

TU/TH: 6:00 – 6:45 pm

SAT: 10:55 – 11:40 am

Minnow (Intermediate): Skills required. Child can swim one length of the pool using the crawl stroke, rotary breathing and must perform the survival float for one minute; will learn to build endurance, reinforce the fundamentals of front and back crawl, elementary backstroke, and shallow diving. Rescue and safety skills will be emphasized.

TU/TH: 6:50 – 7:35 pm

SAT: 9:00 – 9:45 am

Fish (Advanced Intermediate): Skills required. Child can swim one length of the pool using the front and back crawl stroke and dive. He/she will build endurance in survival floating, treading water and lap swimming. He/she will be introduced to the breast stroke, dolphin kick and lifesaving skills.

TU/TH: 6:50 – 7:35 pm • SAT: 9:00 – 9:45 am

Flying Fish (Advanced): Skills required. Child can swim twolengths of the pool using the front crawl, back crawl and breaststroke. He/she can survival float for seven minutes and tread water for three minutes. He/she will learn butterfly, reinforce breaststroke skills, increase endurance, and learn lifesaving skills.

TU/TH: 6:50 – 7:35 pm • SAT: 9:00 – 9:45 am

Shark (Advanced): Skills required. Child has excellent front and back crawl as well as good coordination in breaststroke and butterfly; can survival float for 15 minutes and tread water for four minutes; will increase endurance; will learn starts, turns, lifesaving, stroke development, surface dives, advanced rescue skills, personal safety, and first aid.

TU/TH: 6:50 – 7:35 pm • SAT: 9:00 – 9:45 am

Note: Fish/Flying Fish & Ray/Starfish are taught together.



Aquatics Session Dates



M/W or T/Th Sessions

4-week sessions • 2 days a week

January 5 – 29 (7 classes)

February 2 – 26

March 2 – 26

March 30 – April 23

April 27 – May 21

Saturday Sessions

8-week sessions • 1 day a week

January 10 – February 28

March 14 – May 16

No classes Jan. 19, April 10 & 11, May 8 & 9

Swim Session Fees

8 Classes: MEM: \$45 PRO: \$90

7 Classes: MEM: \$39 PRO: \$79

Adults *ages 13+*

Adult Beginner/Intermediate: Designated to develop basic swimming skills for the new participant and to refine skills for the more advanced swimmer.

TU/TH: 7:40 – 8:25 pm

SAT: 10:55 – 11:40 am