

Aquatics: Parent/Child & Preschool Lessons

Parent/Child Lessons *ages 6 - 36 months • 30 min.*

Parent/Tot *parents and tots ages 6-36 months:* Parent assisted program designed to increase comfort in the water. Provides positive learning environment for aquatics. **SAT only: 9:15 - 9:45 am**

Preschool Classes *ages 3-5 • 30-minutes*

Pike (*Beginner I*)– Water readiness. In class: will learn to blow bubbles, put face in water, kicking, paddling, front and back floats with use of floatation devices.

M-TH: 6:00 - 6:30 pm • M/W or T/TH: 6:00 - 6:30 pm
SAT: 9:45 - 10:15 am

Eel (*Advanced Beginner*) – Put face in water float on black and front w/assistance swim 5 feet without floatation. In class: will learn to bo, kick on back float, swim without assistance 15 feet, wet ball and synchronized swimming.

M-TH: 6:00 - 6:30 pm • M/W or T/TH: 6:00 - 6:30 pm
SAT: 9:45 - 10:15 am

Ray (*Intermediate/Advanced*) Skills required – Swim without floatation device 15 feet, float on front and back, jump into water without help. In class: will learn front crawl elementary backstroke, treading water, synchronized swimming skills and we ball activities.

M-TH: 6:00 - 6:30 pm • M/W or T/TH: 6:00 - 6:30 pm
SAT: 9:45 - 10:15 am

Starfish (*Advanced*) Skills required – Tread water, swim 25 feet using a modified crawl stroke and swim on back. In class: will learn survival float, knelling and sitting dives, boating safety, to coordinate front crawl with rotary breathing and back crawl 25 yards.

M-TH: 6:00 - 6:30 pm • M/W or T/TH: 6:00 - 6:30 pm
SAT: 9:45 - 10:15 am

Private/Semi Private Lessons *members only*

Consists of three hours of instruction; 6-30 minutes, 4-45 minute or 3-1 hour lessons.

Private (1 to 1): \$100 • Semi-Private: \$160

(*Semi Private: 2 in a class at \$80 per person*)



In 1908, 3,330 people drown in America. The next year, with help of Candian, George Corsan, the YMCA set out to teach "American's to Swim".

Sessions & Registration

Monday - Thursday

(2 weeks • four days a week)

June 7 - June 17

Registration deadline: June 3

June 21 - July 1

Registration deadline: June 17

July 5 - July 15

Registration deadline: July 1

July 19 - July 29

Registration deadline: July 15

Monday/Wed or Tuesday/Thurs

(4 weeks • two days a week)

August 2 - August 26

Registration deadline: July 29

Saturdays

(4 weeks • Once a week)

July 10 - July 31

Registration deadline: July 7

August 7 - August 28

Registration deadline: August 4

Group Lesson Pricing:

Weekdays: MEM \$45 PRO \$90

Saturdays: MEM \$25 PRO \$50



Register for over **3,000** programs
with our **NEW** Online Registration!

Aquatics: Youth & Adult Lessons and More

Youth Classes *ages 6-14 • 45-minutes*

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

M-TH: 6:35 - 7:20 pm • M/W or T/TH: 6:35 - 7:20 pm

SAT: 10:15 - 11:00 am

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

M-TH: 6:35 - 7:20 pm • M/W or T/TH: 6:35 - 7:20 pm

SAT: 10:15 - 11:00 am

Minnow: *Skills required.* Rudimentary 25 yards front and back crawl, jump in the deep end, tread water for 30 seconds. **In class:** will build endurance swimming, reinforce front crawl elementary backstroke and diving. Introduction to breaststroke arm pull. Emphasize rescue & safety skills.

M-TH: 6:35 - 7:20 pm • M/W or T/TH: 6:35 - 7:20 pm

SAT: 10:15 - 11:00 am

Fish: *Skills required.* Swim 2 lengths each of front crawl and back stroke in good form. Can dive in water. **In class:** Will learn 50 yards each: breast & side strokes/open turns.

M-TH: 6:35 - 7:20 pm • M/W or T/TH: 6:35 - 7:20 pm

SAT: 11:00 - 11:45 am

Flying Fish: *Skills required.* Swim 2 lengths each of front crawl, back crawl and breast stroke in succession, survival float 7 minutes and tread water for 3 minutes. **In class:** will learn bilateral breathing, inverted scissors on side, introduction to butterfly and flip turns.

M-TH: 6:35 - 7:20 pm • M/W or T/TH: 6:35 - 7:20 pm

SAT: 11:00 - 11:45 am

Shark: *Skills required.* Excellent front and back crawl. Good breast stroke and butterfly swim under water 15 yards. **In class:** will learn first aid techniques, swim 2 lengths front and back crawl, breaststroke and butterfly nonstop, lifesaving strokes and surface dives.

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Adult Classes *ages 15+ • 45-minutes*

Beginner – Intermediate:

M-TH: 7:25 - 8:10 pm

M/W or T/TH: 7:25 - 8:10 pm

SAT: 11:45 am - 12:30 pm