

Aquatics: Youth & Adult Swim Lessons

Youth Lessons *ages 6-12*

45-minute classes for ages 6-12 years offered...

M/W: 4:30 pm, 5:45 pm

SAT: 10:30 am, 11:45 am • SUN: 2:30 pm, 3:15 pm

Beginner (Polliwog): No skills required!

Advanced Beginner (Guppy): Put face in water, float and paddle without assistance.

Intermediate (Minnow): Swims one length (25 yards) of the pool front crawl with rotary breathing and backstroke and survival float for one minute.

Advanced Intermediate (Fish): Excellent front crawl and backstroke, coordination in breaststroke and butterfly, survival float for 15 minutes, tread for 4 minutes.

Advanced (Fly Fish/Shark): Excellent front crawl and backstroke, coordination in breaststroke and butterfly, survival float for 15 minutes, tread for 4 minutes.

Homeschool Swim Lessons

Homeschool Lessons *age 3-12*: Have fun & learn to swim!

September 22 – October 27

November 3 – December 15 (no classes week of Thanksgiving)

January 12 – February 16

February 23 – March 30

April 13 – May 18

Tuesdays: Preschool: 12:45 pm • Youth: 1:15 pm, 2:00 pm

MEM: \$48 PRO: \$62

Adult Lessons

Adult *ages 13+*: No skills required. 45-minute classes with a minimum number of participants is four. Taken at a slow pace, participants will learn to overcome fears in a safe and supportive environment. Participants will learn rudimentary front and back crawl strokes, front and back floats, treading water and proper breathing techniques.

M/W: 10:45 am, 6:30 pm • SAT: 12:30 pm • SUN: 4:00 pm



Outdoor Pool: Closes Sept. 7th!

Open, 12:00 – 7:45 on September 7

Indoor Pool open: 9:00 am – 12:00 pm

Session Dates

Monday/Wednesday Classes

Session: September 14 – October 7

Session: October 12 – November 4

Session: November 9 – December 9

No classes Thanksgiving week

Session: Jan 11 – Feb 3 (mini)

No classes MLK Jan 18

Session: Feb 8 – Mar 3

Session: Mar 8 – Mar 31

Saturday Classes

Session: October 17 – December 12

Session: January 9 – February 27

Session: March 6 – May 1

No classes April 3 (Spring Break)

Sunday Classes

Session: October 18 – December 13

Session: January 9 – February 27

Session: March 6 – May 1

No classes April 4 (Easter)

Swim Session Fees

Mini: MEM: \$60 PRO \$75

Sessions: MEM: \$68 PRO: \$85



Stroke Clinic

Stroke Clinic: 45-minute class to refine basic swimming strokes. Must be able to swim one length of freestyle and one length of backstroke prior to this class. SAT: 9:15 am