

# SELF CONFIDENCE TAUGHT IN THE POOL

## SWIM LESSONS

### 7 WEEK CLASS SESSIONS

Fall I	September 12 – October 29
Fall II	October 31 – December 17
Winter	January 9 – February 25
Spring I	February 27 – April 21
Spring II	April 23 – June 9

## SWIM LESSON DESCRIPTIONS

### Parent/Child: (Ages 6 to 36 months)

A parent will accompany their child into the pool to acquaint them with the water environment. An instructor provides guidance in how to help your child develop coordination, motor skills, balance and social skills in the water. (Swim diaper required)

### Instructor/Child Program: (Ages 3 – 5)

**Pike:** Designed for the beginner who has little to no water experience. Emphasis is on basic swimming skills.

**Prerequisites:** 3 years old

**Eel:** Introduction to arm movements, breathing and glides without assistance.

**Prerequisites:** Child must be comfortable going under water.

**Ray:** Emphasis on swimmer's ability to perform strokes unassisted. Learn the rhythmic and rotary breaking, dive, surface and return to the wall, introduction to backstroke and breaststroke, and continue practicing freestyle.

**Prerequisites:** Completion of Eel or front and back float for 15 seconds and swim 15 feet without a flotation device.



### Instructor/Child Program: (Ages 6 & up)

**Polliwog:** Gradual introduction to basic swim skills, personal safety, survival float, and confidence building.

**Prerequisites:** 6 years old

**Guppy:** Work on stroke development for freestyle, breaststroke, elementary backstroke. rhythmic and to rotary breathing. They also learn how to streamline on their front and back, introduction to butterfly kick, being comfortable in the deep end.

**Prerequisites:** Completion of Polliwog or ability to swim the length of the pool without assistance.

**Minnow:** Mastering freestyle with rotary breathing. Increase endurance of backstroke, freestyle and breaststroke. (50 yards).

**Prerequisites:** Completion of Guppy or the ability to swim the length of the pool without assistance in freestyle with rhythmic breathing, breaststroke, and backstroke without assistance.

**Fish:** Designed to help swimmers perfect freestyle with rotary breathing, backstroke and breaststroke with rhythmic breathing for 50 yards. Learn flip turns and introduction to butterfly.

**Prerequisites:** Completion of Minnow level or ability to swim two lengths of the pool in both freestyle and backstroke.

## ADULT GROUP SWIM LESSONS

Adult group swim lessons provides participant with instructions on learning to swim or improving their swimming ability while developing their strokes, increasing endurance and having fun.

## PRIVATE SWIM LESSONS

Please fill out a private lesson request form at the member service and a Y staff members will contact you to set up a day and time.

## SWIM LESSON PRICING

30 min Group Lessons 7 lessons	\$46 / \$92*
20 min Private Lesson 1 lesson	\$22 / \$44*
*Program Member price	