

Aquatics

Register online now!

PARENT/CHILD CLASSES ages 6-36 months

Parent/Tot ages 6-36 months: Encourages a child to work towards independence in the water with a parent through songs and games.

SAT: 10:15 – 10:45 am

PRESCHOOL SWIM LESSONS ages 3-5 • 30-minute classes.

Pike I (Beginner I): No skills required. Must be ready for group setting without parent.

M/W: 5:30 pm • TU/TH: 5:30 pm

SAT: 10:05 am

Eel (Intermediate): Completed skills required for Pike II plus front and back float for 5 seconds, jumps in and swims solo 10 feet with eyes in water.

M/W: 5:30 pm • TU/TH: 5:30 pm

SAT: 10:05 am

Ray/Starfish (Advanced): Completed skills required for Eel plus swims at least 15 yards. May be able to swim a modified front crawl, elementary backstroke and tread water.

M/W: 6:00 pm • TU/TH: 6:00 pm

SAT: 10:05 am

PRIVATE SWIM LESSONS

Private/Semi-Private Swim Lesson: facility members only: Session consists of 3 hrs. of instruction (Options: 6, 30-min. lessons, 4, 45-min. lessons or 3, 1-hr. lessons).

MEM: Private \$90 *(one participant only)*

Semi-Private \$120 *(\$60 per participant, 2 max)*



SESSION DATES

Weekday Lessons: 4-wk sessions • 2-days a wk

June 4 - June 28

July 2 - July 26

August 6 - August 30

September 3 - September 27

Weekend Lessons: 4-wk sessions • 1-day a wk

June 9 - June 30

July 7 - July 28

August 4 - August 25

September 8 - September 29

Swim Lesson Fees:

Weekdays: MEM: \$40 PRO: \$60

Weekends: MEM: \$30 PRO: \$50

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Private/Semi-Private Swim Lesson: facility members only: Session consists of 3 hrs. of instruction (Options: 6, 30-min. lessons, 4, 45-min. lessons or 3, 1-hr. lessons).

MEM: Private \$90 *(one participant only)*

Semi-Private \$120 *(\$60 per participant, 2 max)*



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YOUTH SWIM LESSONS ages 6-12

Classes are 45 minutes.

Poliwog I (Beginner): No skills required.

M/W: 5:30 pm • TU/TH: 5:30 pm

SAT: 11:15 am

Poliwog II (Beginner II): Enjoys blowing bubbles, submerging head completely, comfortable with front and back float, jumps in freely and can paddle 10 feet solo with eyes in water.

M/W: 5:30 pm • TU/TH: 5:30 pm

SAT: 11:15 am

Guppy (Beginner III): Completed skills required for Poliwoog II plus front paddle with eyes in water, back paddle and side paddle 20 yards without floatation.

M/W: 5:30 pm • TU/TH: 5:30 pm

SAT: 11:15 am

Minnow (Intermediate I): Completed skills required for Guppy plus swim 25 yards nonstop performing freestyle with side breathing, side kick and backstroke.

M/W: 6:15 pm • TU/TH: 6:15 pm

SAT: 11:15 am

Fish (Intermediate II): Completed skills required for Minnow plus swim 50 yards nonstop freestyle, backstroke, side-stroke, elementary backstroke and have an understanding of breaststroke.

M/W: 6:15 pm • TU/TH: 6:15 pm

SAT: 11:15 am

Flying Fish/Shark (Advanced): Completed skills required for Fish plus perform multiple laps of freestyle, backstroke, breaststroke, sidestroke and has been introduced to the butterfly.

M/W: 7:00 pm • TU/TH: 7:00 pm

SAT: 11:15 am

ADULT SWIM LESSONS ages 13+

Adult Beginner: No skills required.

TU/TH: 6:30 pm or 7:00 pm

SAT: 10:35 am



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June 4 - June 28

July 2 - July 26

August 6 - August 30

September 3 - September 27

Weekend Lessons: 4-wk sessions • 1-day a wk

June 9 - June 30

July 7 - July 28

August 4 - August 25

September 8 - September 29

Swim Lesson Fees:

Weekdays: MEM: \$40 PRO: \$60

Weekends: MEM: \$30 PRO: \$50

STOKE CLINIC

Stroke Clinic ages 5-18: An advanced program for boys and girls that prepares participants for competitive swimming and personal wellness.

Practices Tuesday/Thursday, 6:00 - 6:45 pm

June 5 - June 28

July 3 - July 26

August 7 - August 30

MEM: \$40 PRO: \$50

