

# Swimming: Preschool Swim Lessons

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

The Y is pleased to offer the National Preschool Swim Program. This program offers children their first experience in the pool without parental assistance. Each level offers instruction in personal growth, stroke development, personal safety, water games, rescue skills and fun. Students are taught aquatic and rescue skills on all levels. *Please bring goggles to class!*

Weekdays, 1-4:	MEM \$50	PRO \$80
Weekday 5:	MEM \$38	PRO \$68
Saturdays 1-2:	MEM \$38	PRO \$68
Saturday 3:	MEM \$32	PRO \$62



**Pike:** This level helps children develop safe pool behavior and adjust to the water. This class is designed for new swimmers and will be taught basic paddling and kicking skills, pool safety, and help children learn to put their face in the water while blowing bubbles.

M/W or T/TH: 4:00 pm, 4:30 pm, 5:00 pm, 5:30 pm  
SAT: 8:30 am, 9:00 am, 9:30 am

**Pike 2:** This class will work on getting the child more confident in the water by becoming comfortable swimming on their front and back. Students will develop independent movement, work more on putting their face in the water and being able to jump to the instructor.

M/W or T/TH: 4:00 pm, 4:30 pm, 5:00 pm, 5:30 pm  
SAT: 8:30 am, 9:00 am, 9:30 am

**Eel:** This class is for children who have confidence in the water and can swim half of the pool using the beginner stroke and are comfortable getting their faces wet. Front gliding, kicking, bobbing and jumping into the water without assistance and performing the beginning freestyle and backstroke will be covered in class.

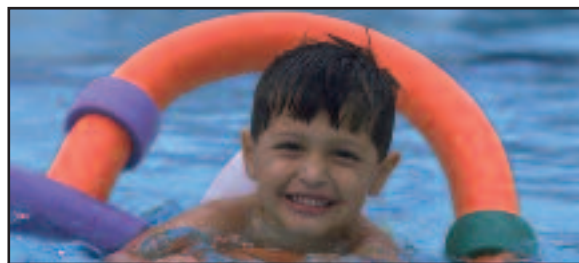
M/W: 4:00 pm, 5:00 pm • T/TH: 4:30 pm • SAT: 9:00 am

**Ray:** At this level children review previous skills, improve stroke skills, learn more about personal safety, freestyle with rotary breathing and beginning backstroke. Taught in the deep-end of the pool.

M/W: 4:30 pm • T/TH: 4:00 pm, 5:30 pm • SAT: 8:30 am

**Starfish:** An advanced class for children who can perform the freestyle and backstroke without assistance. Refine strokes, build endurance and introduce new strokes. Taught in the deep-end of the pool.

M/W: 5:00 pm • T/TH: 4:30 pm • SAT: 9:30 am



## Sessions & Registration

### Weekdays

(4 weeks • Twice a week)

#### Session 1: Jan 4 – Jan 28

Register: MEM Dec 3 • PRO Dec 8  
Jan 18 classes (MLK), moved to Friday

#### Session 2: Feb 1 – Feb 25

Register: MEM Jan 21 • PRO Jan 23

#### Session 3: March 1 – March 25

Register: MEM Feb 18 • PRO Feb 23

#### Session 4: March 29 – April 29

Register: MEM March 18 • PRO March 23  
No classes the week of Spring Break

#### Session 5: May 3 – May 20

Register: MEM April 15 • PRO April 20  
This is only a 3-week session

### Saturdays

(5 or 6 weeks)

#### Saturday 1: Jan 9 – Feb 13

Register: MEM Dec 3 • PRO Dec 8

#### Saturday 2: Feb 20 – March 27

Register: MEM Dec 3 • PRO Dec 8

#### Saturday 3: April 17 – May 15

Register: MEM March 23 • PRO March 25

*Sarah Ernst*

**Aquatics Director**  
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**2009 Chili Recipe Winner!**

