

Aquatics: Tot & Preschool Lessons

Parent/Child Classes *ages 6 months-3 years*

Thirty minute classes.

Parent/Tot *ages 6-36 months:* No skills required. Parent assisted program designed to increase comfort in the water with a positive learning environment.

M-TH: 10:05 am • SAT: 9:30 am

Two Much Fun *ages 24-36 months:* No skills required. An introduction to Pike I for children 24-36 months with their parents' participation. In class: they will learn to blow bubbles, put face in water and proper kicking.

SAT: 10:05 am

Preschool Swim Lessons *ages 3-5*

Thirty minute classes.

Pike: No skills required. Water readiness. In class: will learn to blow bubbles put, face in water and proper kicking, paddling, and front and back floats with use of flotation devices.

M/W: 4:00 pm; 5:10 pm

TU/TH: 4:00 pm; 6:00 pm • SAT: 9:30 am; 10:05 am

Eel: Skills required: Put face in water, float on back and front w/ assistance, swim 5 feet without flotation. In class: Will learn to bob, kick on back, front and back float, swim without assistance 15 feet, wet ball and synchronized swimming skills.

M/W: 4:00 pm; 5:10 pm

TU/TH: 4:00 pm; 6:00 pm • SAT: 10:40 am

Ray: Skills required: Swim without flotation device 15 feet, float on front and back, and jump into water without help. In class: Will learn front crawl, elementary back-stroke, treading water, synchronized swimming skills, and wet ball activities.

M/W: 4:35 pm • TU/TH: 5:25 pm

SAT: 10:40 am

Starfish Skills required: Tread water, swim 25 feet using a modified crawl stroke and swim on back. In class: Will learn survival float, kneeling and sitting dives, boating safety, to coordinate front crawl with rotary breathing and back crawl 25 yards.

M/W: 4:35 pm • TU/TH: 5:25 pm

SAT: 10:40 am



Session Dates

Mon/Wed or Tue/Thurs: 6-wk sessions • 2-days a wk
Saturday Lessons: 6-wk sessions • 1-day a wk

Mon/Wed or Tues/Thurs Lessons

Session 1: August 31 – October 8
(Sept 7 will be moved to Friday, Sept 11)

Session 2: October 12 – November 19

Session 3: November 30 – December 17
(This is a mini session)

Saturday Lessons

Session 1: September 5 – October 10

Session 2: October 17 – November 21

Note: No refunds for unattended lessons. Weekday classes canceled by the Y will be made up on the following Friday.

Swim Lesson Fees

Weekday 1-2: MEM: \$90 PRO: \$135

Weekday 3: MEM: \$45 PRO: \$70

Saturdays 1-2: MEM: \$60 PRO: \$95