

Aquatics: Youth Swim Lessons

Youth Swim Lessons *ages 6-12*

Classes are 45 minutes.

Polliwog I: No skills required. In class: Will be introduced to the front crawl, front and back floats, putting face in water and personal safety skills.

M/W: 5:45 pm • TU/TH: 6:35 pm

SAT: 11:15 am

Guppy: Skills required: Blow bubbles, put face in water, float on front and back, and paddle 15 feet without assistance. In class: Will learn to tread water, rudimentary 25 yards front and back crawl, jump into deep end, and kneeling dive.

M/W: 6:35 pm • TU/TH: 4:35 pm • SAT: 11:15 am

Minnow: Skill required: Rudimentary 25 yd. front and back crawl, jump in deep end, and tread water for 30 seconds. In class: Will build endurance swimming, reinforce fundamentals of front crawl, elementary backstroke, and diving. Introduction to breaststroke arm pull. Emphasize rescue and safety skills.

M/W: 6:35pm • TU/TH: 4:35 pm • SAT: 12:05 pm

Fish: Skills required: Swim two lengths of both front crawl and back stroke in good form. Can dive in water. In class: Will learn to perform 50 yards of each: breaststroke, sidestroke and open turns.

M/W: 5:45 pm • TU/TH: 6:35 pm • SAT: 12:05 pm

Flying Fish: Skills required: Swim two lengths of front crawl, back crawl and breaststroke in succession, survival float seven minutes, and tread water for three minutes. In class: Will learn bilateral breathing, inverted scissors on side, introduction to butterfly, and flip turns.

M/W: 5:45 pm • TU/TH: 6:35 pm • SAT: 12:05 pm

Adult Lessons *ages 13+* *Classes are 45 minutes.*

No skills required. In class: Become comfortable in water, learn breath control, floating, basic stroke techniques.

M/W or T/TH: 7:30 • SAT: 12:55



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