

Aquatics: Parent/Tot & Preschool Lessons

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.

TU/W: 9:30 – 10:00 am

SAT: 9:00 – 9:30 am

Preschool Swim Lessons *ages 3-5*

Thirty minute classes with a ratio of 4:1

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: 9:30 am • SUN: 1:00 pm

Pike II (Advanced Beginner II): Enjoys blowing bubbles, submerging head completely, comfortable with front and back float, jumps without assistance, and independent with floatation.

M/W: 5:30 pm • TU/TH: 5:30 pm

SAT: 9:30 am • SUN: 1:00 pm

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: 9:30 am • SUN: 1:00 pm

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: 9:30 am • SUN: 1:00 pm



Session Dates

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

June 1 - June 25

July 6 - July 30

August 3 - August 27

September 7 - September 24

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

June 6 - June 27

July 11 - July 25 *mini session

August 8 - August 29

September 5 - September 26

Swim Lesson Fees:

Weekdays: MEM: \$35 PRO: \$55

Weekends: MEM: \$25 PRO: \$45

*Mini Weekends: MEM: \$21.25 PRO: \$38.25

Private Swim Lessons

Private/Semi-Private Swim Lesson:

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*)

Aquatics: Youth & Adult Lessons

Youth Swim Lessons *ages 6-12*

Classes are 45 minutes. Class ratio is 6:1.

Polliwog I (Beginner): No skills required.

M/W: 5:30 pm • TU/TH: 5:30 pm
SAT: 10:00 am • SUN: 1:30 pm

Polliwog 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: 10:00 am • SUN: 1:30 pm

Guppy (Beginner III): Completed skills required for Polliwog 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: 10:00 am • SUN: 1:30 pm

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

M/W: 6:00 pm • TU/TH: 6:00 pm
SAT: 10:00 am • SUN: 1:30 pm

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

M/W: 6:00 pm • TU/TH: 6:00 pm
SAT: 10:00 am • SUN: 1:30 pm

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: 10:00 am • SUN: 1:30 pm

Adult Swim Lessons *ages 13+*

Adult Beginner: No skills required.

TU/TH: 6:30 pm or 7:00 pm
SAT: 9:30 am or 10:15 am



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Weekends: MEM: \$25 PRO: \$45

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