GROUP SWIM LESSONS

Monday, January 4th – Saturday, February 20th
(ONLY 4 PARTICIPANTS ALLOWED IN EACH CLASS)

PARENT & CHILD SWIM AGE 6 MONTHS TO 3 YEARS – 30 MINUTE CLASS.
Builds water safety skills for parents and children, helping infants and children become comfortable in the water so they are willing and ready to swim under the direction of our experienced staff. Includes a combination of water adjustment skills, songs and games.

Monday 5pm–5:30pm
Tuesday 5pm–5:30pm
Saturday 11:30am–12pm

PRESCHOOL SWIM AGE 4 TO 5 YEARS – 30 MINUTE CLASS
Gives young children a developmentally appropriate aquatic learning experience that emphasizes water safety in a class environment with their peers. Our Pike level is for our first time swimmers with class goals of swimming without an adult assisted by a floatation device. Our Eel classes are for swimmers who may have taken lessons before with class goals of swimming with their face in the water, float and possibly swim without a floatation device.

PIKE Tuesday 6pm–6:30pm
PIKE Wednesday 5pm–5:30pm
EEL Monday 5:30pm–6pm
EEL Saturday 11am–11:30am

POLLIWOG: INTRO TO WATER SKILLS AGE 6 TO 13 YEARS – 30 MINUTE CLASS
Our Polliwog level will help students begin to feel comfortable in the water and to enjoy the water safely. Students will learn elementary water skills which they can build on as they progress.

POLLIWOG Monday 6:30pm–7pm
POLLIWOG Tuesday 5:30pm–6pm
POLLIWOG Wednesday 6pm–6:30pm
POLLIWOG Saturday 12:30pm–1pm

GUPPY: FUNDAMENTAL AQUATIC SKILLS AGE 6 TO 13 YEARS – 30 MINUTE CLASS
Our Guppy level will help students gain confidence and work on the basics of treading water, gliding and getting their face in the water.

GUPPY Monday 6pm–6:30pm
GUPPY Wednesday 6:30pm–7pm
GROUP SWIM LESSONS

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MINNOW: STROKE DEVELOPMENT AGE 6 TO 13 YEARS – 30 MINUTE CLASS
Our Minnow level will teach students how to knee-dive and progress their front crawl, backstroke and continue to develop their water treading skills. They will also glide on their front and back.

- **MINNOW**
  - **Tuesday**
  - 6:30pm–7pm
  - **Wednesday**
  - 5:30pm–6pm
  - **Saturday**
  - 12pm–12:30pm

FISH: STROKE IMPROVEMENT AGE 6 TO 13 YEARS – 45 MINUTE CLASS
Our Fish level will learn how to improve their treading water skills and will progress to a standing dive as well as improving their stroke techniques. Students will be required to perform all four strokes in a 25 yard pool and perform a dive in order to join this class. Instructor permission is required to register.

- **FISH**
  - **Saturday**
  - 8:45am–9:30am
  - **Saturday**
  - 9:30am–10:15am

FLYING FISH: SKILL PROFICIENCY AGE 6 TO 13 YEARS – 45 MINUTE CLASS
Our Flying Fish and Shark levels are for students who have completed prior levels and are looking to develop a strong swimming endurance while perfecting their techniques. This is the last level before joining life guarding classes. Students will be required to perform all four strokes in a 25 yard pool and perform a dive in order to join this class. Instructor permission is required to register.

- **FLYING FISH**
  - **Saturday**
  - 10:15am–11am

ADULT BEGINNER AGE 18+ YEARS – 45 MINUTE CLASS
Our Adult Beginner class is for people who have little to no swimming experience. This class will go over everything from water safety to treading water to different swim strokes.

- **ADULT BEGINNER**
  - **Saturday**
  - 8am–8:45am

GROUP LESSON FEES:  
- Full member $50.00  
- Program Member $60.00

ADULT BEGINNER FEES:  
- Full member $70.00  
- Program Member $90.00

Please note: Our Group Lessons are on a first-come, first-serve basis depending on availability at the time of registration. Instructors may vary from session to session. There will be NO refunds issued. TEMPERATURES WILL BE TAKEN UPON ARRIVAL TO THE FACILITY & MASKS ARE MANDATORY.