



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Swim Lessons – Spring 2017

Parent/Child: 6 months – 2 years

Parent/Child swimming at the Y strengthens the bond between parents and children and helps develop toddler's skills and confidence in the water. It also provides valuable aquatic survival skills to community members and helps promote positive value.

Preschool: Ages 3-5

Preschool swim lessons promote self-awareness and self-confidence in and around the water. Children will learn life-saving skills, and build strength and endurance while having fun in the water. The Y has four levels of swimming for this age group (Pike, Eel, Ray, and Star Fish). Each level builds on the next and a swimmer must pass all skills in one level to be promoted to the next level.

School Age: Ages 6-12

Adult: Ages 13 and up

The youth and adult swim lessons help participants develop a solid foundation of basic aquatic skills. These skills will help develop a lifelong appreciation for aquatic activities, including swimming, and introduction to a wide variety of aquatic sports, as well as lifesaving and lifeguarding skills. The youth and adult aquatic program is divided into five levels (Polliwog, Guppy, Minnow, Fish and Flying Fish), with each level building on the previous.

At each level of swim lessons, participants are involved in activities relating to: personal safety, personal growth, stroke development, water games and sports, and rescue.

Fees:
Member - \$45
Non-member - \$65

Session Times & Dates

***Spring I: February 27th – March 23rd**

Parent Child: Tue/Thurs. 6:15p-6:45p (see Sat. schedule)
Preschool: Mon/Wed. 4:30-5p 5:30-6p
 Tues/Thurs. 10-10:30a 4:30-5p 5:30-6p
School Age: Mon/Wed 4:30-5:15p 5:30-6:15p
 Tues/Thurs 4:30-5:15p 5:30-6:15p
Adult: Tue/Thurs. 11:30a-12:15p 6:30-7:15p

***Spring II: Mar. 27th – April 27th**

****Skip the week of Spring Break**

Parent Child: Tue/Thurs. 6:15p-6:45p (see Sat. schedule)
Preschool: Mon/Wed. 4:30-5p 5:30-6p
 Tues/Thurs. 10-10:30a 4:30-5p 5:30-6p
School Age: Mon/Wed 4:30-5:15p 5:30-6:15p
 Tues/Thurs 4:30-5:15p 5:30-6:15p
Adult: Tue/Thurs. 11:30a-12:15p 6:30-7:15p

***Spring III: May 1st – 25th**

Parent Child: Tue/Thurs. 6:15p-6:45p (see Sat. schedule)
Preschool: Mon/Wed. 4:30-5p 5:30-6p
 Tues/Thurs. 10-10:30a 4:30-5p 5:30-6p
School Age: Mon/Wed 4:30-5:15p 5:30-6:15p
 Tues/Thurs 4:30-5:15p 5:30-6:15p
Adult: Tue/Thurs. 11:30a-12:15p 6:30-7:15p

*****Parent/Child Saturday Classes – 9:30am-10:00am**

March 4th, 11th, 18th, 25th
April 1st, 8th, 22nd, 29th *Skip Easter Weekend
May 6th, 13th, 20th, 27th

***** Fee for Saturday classes:**
Member \$30
Non-Member \$35

****Please be sure to sign up for classes by the Thursday prior to the session's start to avoid incurring a late fee.**