



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**



## SWIM LESSONS

September Session: Monday Sept. 6th—Sat. Oct. 2nd

October Session: Monday Oct. 4th—Sat. Oct 30th

November Session: Monday Nov. 1st—Sat Nov 27th

**NO CLASSES Labor Day Sept. 6th.**

Make-up lessons will be on Friday, Sept 10th

**Members 20.00**

**Non-Members 40.00**

### 6 MONTHS—3 YEARS

#### PARENT-TOT

A parent-tot water exploration class including water safety and fun for children, 6 months to 3 years and their parents.

*Ask about  
Private  
And  
Semi-Private  
Swim Lessons*

### 3 TO 5 YEARS OF AGE

#### PIKE

This class teaches putting the face in the water, blowing bubbles, holding breath, gliding, paddling, floating and self confidence.

#### EEL

Learns to swim and take a breath, works on front crawl, back float, jumping in the pool.

#### ADV EEL

Continue to learn and improve swim strokes while increasing endurance, Builds confidence while working on basic swimming skills.

#### RAY/STARFISH

Learns front crawl with rotary breathing, and over arm recovery, back crawl, simple forward dive, safety swim, and increased endurance.

### AGES 6 AND OVER

#### POLLIWOG

Learns pool rules, safety, front and back float, front glide, introduction to front crawl, jumping and self-confidence.

#### GUPPY

Learns to tread water, practices front crawl with rotary breathing, introduction to back crawl, and changing positions in the water.

#### ADV GUPPY (Requires instructor approval)

Continue to learn and improve swim strokes while increasing endurance. Builds confidence while working on stand up dives and surface dives.

#### MINNOW/FISH

Learns diving, improves front and back crawl, survival float, increase endurance.

#### PLEASE NOTE:

Each level builds upon skills that are taught in previous levels. Each child will progress at their own pace and some levels will be more difficult than others. For these reasons, your child may take several sessions to complete all the skills necessary to progress to the next level.

- Children must be included in Family Membership or have individual youth membership to receive member discount.
- Open Registration closes at 5pm on the Sunday prior to the first day of each session.
- The "Y" reserves the right to combine and/or cancel classes as necessary.
- All swimmers must take a head to toe rinsing shower and wait on the benches near the shallow end of the pool for their instructor to announce the beginning of each class.