

# SWIMMING LESSONS

Spring 1 Session: January 28, 2019 – April 6, 2019 (10 weeks)

CLASS	DESCRIPTION	DAY	TIME	Session 1/28-4/6
<b>Parent Tot newborn-3</b>	Have fun in a warm water pool with your child or grandchild. Enjoy games and songs as your child becomes comfortable and relaxed in the water.	W W	10:15-11:00 am 6:15-7:00 pm	\$62.50 \$62.50
<b>Little Tots ages 18-36 mos.</b>	For non-swimmers without parents in the water. Half hour class and 15-minute play. Toddlers learn to master simple water skills. Smaller class size.	M, T, TH M, W T, W, TH TH T M W S	9:30-10:15 am 10:15-11:00 am 11:00-11:45 am 4:00-4:45 pm 4:45-5:30 pm 6:15-7:00 pm 7:00-7:45 pm 9:45-10:30 am	\$72.50 \$72.50 \$72.50 \$72.50 \$72.50 \$72.50 \$72.50 \$72.50
<b>Water Tots ages 3-5</b>	For non-swimmers without parents in the water. Children will master proper floating, arm stroke, and basic front crawl.	W M, TH T, TH M, T, W M W W S S	9:30-10:15 am 10:15-11:00 am 11:00-11:45 am 1:00-1:45 pm 4:00-4:45 pm 4:45-5:30 pm 6:15-7:00 pm 9:00-9:45 am 11:15-12:00 pm	\$85.00 \$85.00 \$85.00 \$85.00 \$85.00 \$85.00 \$85.00 \$85.00 \$85.00
<b>Toddler 1 ages 3-5</b>	Follow-up to Water Tots. Children learn back float, back swim, treading water and side breathing while swimming.	M, T, TH T, W, TH M, W M, T, W T, TH T, W M, T, TH S S S	9:30-10:15 am 10:15-11:00 am 11:00-11:45 am 1:00-1:45 pm 1:45-2:30 pm 4:00-4:45 pm 6:15-7:00 pm 9:00-9:45 am 9:45-10:30 am 11:15-12:00 pm	\$85.00 \$85.00 \$85.00 \$85.00 \$85.00 \$85.00 \$85.00 \$85.00 \$85.00 \$85.00
<b>Toddler 2 ages 3-5</b>	Follow-up to Toddler 1. Children learn backstroke, elementary backstroke, side breathing, treading water and endurance.	W T M M, W, TH	9:30-10:15 am 10:15-11 am 11:00-11:45 am 1:45-2:30 pm	\$85.00 \$85.00 \$85.00 \$85.00
<b>Advanced Toddler ages 3-5</b>	Follow-up to Toddler 2. Advanced skills include sidestroke, breaststroke, and introduction to butterfly.	T	1:45-2:30 pm	\$85.00
<b>Beginner 1 ages 5+</b>	For the non-swimmer. Introduction to floating, front crawl, back swimming, side breathing and deep-water adjustment. The Beginner 1 class is equivalent to the Toddler 1 class.	M T, W W M S S S	4:00-4:45 pm 4:45-5:30 pm 6:15-7:00 pm 7:00-7:45 pm 9:00-9:45 am 9:45-10:30 am 11:15-12:00 pm	\$85.00 \$85.00 \$85.00 \$85.00 \$85.00 \$85.00 \$85.00

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\* All lessons are held once per week.

\* No make-up classes, credits, or refunds are given if a class is cancelled due to inclement weather, or if your child misses a class.

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<b>Beginner 2</b> ages 5+	Follow-up to Beginner 1 and Toddler 1. Children will learn backstroke, elementary backstroke, side breathing, treading water and endurance. Beginner 2 is the equivalent to Toddler 2.	W, TH	4:00-4:45 pm	\$85.00
		T, TH	6:15-7:00 pm	\$85.00
		W	7:00-7:45 pm	\$85.00
		S	9:00-9:45 am	\$85.00
		S	9:45-10:30 am	\$85.00
		S	11:15-12:00 pm	\$85.00
<b>Advanced Beginner</b> ages 5+	Follow-up to Beginner 2 and Toddler 2. Perfect side breathing, backstroke, and the elementary backstroke. Sidestroke and endurance-building are introduced.	T	4:00-4:45 pm	\$85.00
		M, TH	4:45-5:30 pm	\$85.00
		M	7:00-7:45 pm	\$85.00
		S	10:30-11:15 am	\$85.00
<b>Intermediates &amp; Swimmers</b> ages 5+	Must have completed Advanced Beginner or Advanced Toddler. Learn breaststroke and butterfly while perfecting previous strokes and gaining strength and endurance skills.	M, TH	4:45-5:30 pm	\$85.00
		T, TH	7:00-7:45 pm	\$85.00
		S	10:30-11:15 am	\$85.00
<b>YWCA Pre-Swim Team</b>	For swimmers interested in learning and maintaining competitive skills such as racing starts, turns, relays, butterfly, and endurance.	T, TH	7:00-7:45 pm	\$85.00
<b>Private Swim Lessons</b>	Lessons scheduled during Adult or Open Swim hours or during swim lessons. To request private lessons, call 432-5581.		Scheduled with instructor based on availability.	\$30.00 / 30 minutes \$45.00 / 45 minutes \$60.00 / 60 minutes
<b>Home School Lessons</b>	Learn to swim with other Home School children. Stay to enjoy Open Swim after the lesson at no charge.	M, W	1:45-2:30 pm	\$85.00

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