

### WEEKDAY LESSONS SCHEDULE

Classes Meet on Monday & Wednesday **OR** Tuesday & Thursday

4:30-5:00 Pike Eel Ray/Starfish	5:30-6:15 Polliwog 6:00-6:30 Pike Eel 6:30-7:00 Pike Eel	4:30-5:15 Polliwog Guppy 5:15-6:00 Polliwog Guppy Minnow Fish 6:00-6:45 Shark Flying Fish
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### SATURDAY LESSONS SCHEDULE

Classes Meet on Saturdays for Six (6) Weeks

8:30-9:00 SKIPS	10:45-11:15 Pike Eel Ray/Starfish	1:00-1:30 Pike Eel
9:00-9:30 SKIPS Pike	11:30-12:15 Polliwog Guppy	1:30-2:00 Pike Eel Ray/Starfish
9:30-10:15 Adult (Beg.)	12:15-1:00 Polliwog Minnow Fish	1:00-1:45 Adult (Adv.)

#### Preschool Classes (Ages 6 months – 5 yrs)

**Skips(Parent/Child):** A parent/child class designed for children ages 6-36 months. Child will learn basic skills such as blowing bubbles, arm movement and kicking. The primary objective is to get the child comfortable in the water. *Prerequisite:* Child must be 6 months by the first day of class and have head control. Parent or responsible adult age 18 or older must be in the water with the child.

**Pike (Beginner I):** Beginning swim class for children ages 3-5. Children learn to be comfortable in the water. Children will learn kicking, floating, arm movement and pool safety.

*Prerequisite:* 3 years old by the first day of class, and leave parent willingly.

**Eel (Beginner II):** Children will learn to swim 25 yards with a float belt and swim 15 feet unassisted.

*Prerequisite:* Child must be able to swim 5 feet unassisted, and float.

**Ray/Starfish: (Advanced Beginner):** Children will learn rhythmic breathing (taking a breath while swimming), how to tread water, and adjust to deep water. Children will continue to work on swimming on front, back and side. *Prerequisite:* Child must be able to swim 15 feet unassisted on front and back.

#### Youth/Grade School Classes (6-12 years)

**Polliwog (1):** Teaches beginning swimming on front, back and side. Children will also learn the front and back float. *Prerequisite:* Child must be 6 years old or be in first grade.

**Guppy (2):** Teaches rhythmic breathing (taking a breath while swimming to the front), treading water, back crawl and jumping into deep water. *Prerequisite:* Child must be able to paddle on front for 20 feet and float without a flotation device.

**Minnow (3):** Teaches front crawl with rotary breathing (breathing to the side), backstroke, sidestroke, and beginning breaststroke.

*Prerequisite:* Child must be able to swim 25 yards (1 length) on front and back and be comfortable in deep water.

**Fish (4):** Teaches children to swim 50 yards (2 lengths) front crawl, back crawl, sidestroke and breaststroke. Children will be introduced butterfly and open turns.

*Prerequisite:* Child must be able to swim 25 yards (1 length) of the following strokes; front crawl (with rotary breathing), breaststroke, back crawl and be able to tread water.

**Flying Fish (5):** Teaches children the butterfly stroke, and builds endurance to swim 100 yards (4 lengths) of the following strokes; front crawl, breaststroke and back crawl with open turns.

*Prerequisite:* Child must be able to swim 50 yards (2 lengths) of the following strokes; front crawl, and, Breaststroke.

**Shark (6):** Teaches children to swim a 200 Individual Medley (8 lengths), the pullout for the breaststroke and the push off for the butterfly stroke with streamlining.