

WEEKDAY LESSONS SCHEDULE

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

(All of the classes below are offered Monday/Wednesday, and Tuesday/Thursday)

<u>4:30-5:00</u>	<u>4:30-5:15</u>	
Pike Eel	Polliwog	
Ray/Starfish		
	<u>5:15-6:00</u>	<u>6:00-6:30</u>
<u>5:00-5:30</u>	Guppy	Pike
Pike	Minnow	Eel
	Fish	
	Polliwog	
<u>6:00-6:45 (Monday/Wednesday only)</u>		
Flying Fish/Shark		
<u>6:00-6:45 (Tuesday/Thursday only)</u>		
Adult Beginner		

SATURDAY LESSONS SCHEDULE

Classes Meet on Saturdays for Six (6) Weeks

<u>8:30-9:00</u>	<u>9:00-9:30</u>	
Pike	Skips	
Skips	Pike	
<u>9:30-10:00</u>	<u>9:30-10:15</u>	<u>10:00-10:30</u>
Eel	Adult Beginner	Ray/Starfish
<u>10:15-11:00</u>	<u>10:30-11:00</u>	<u>10:30-11:15</u>
Polliwog I	Pike	Guppy
Polliwog II		
<u>11:00-11:45</u>	<u>11:15-12:00</u>	<u>11:45-12:30</u>
Minnow	Polliwog II	Flying Fish/Shark
Fish		
<u>12:00-12:45</u>	<u>12:30-1:00</u>	
Guppy	Pike and Eel	

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 I (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.

Polliwog II (2): Teaches beginning swimming on front, back and side. Children will also learn the front and back float. *Prerequisite:* Child must have already taken swim lessons and be 6 years old or be in first grade.

Guppy: 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: 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: 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: 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: 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.

Adult Class

Adult Beginner: The beginner class is for non-swimmers who want to learn how to swim.