

# Instructional Swim Programs for Kids

## PRIVATE & SEMI-PRIVATE LESSONS

Designed to provide individual instruction from basic skills to improving technique. These (4) 30 minute classes can be arranged with our aquatics staff around your personal schedule. Please contact the pool directly for more information. Dates and times are arranged with Aquatics Staff

**Private - \$140 Resident | \$168 Non-Resident**

**Semi-Private - \$100 Resident | \$120 Non-Resident** (per person)

## GROUP LESSONS

### GUPPY - A Parent/Child Class Ages 6 months-3 years

This class is held in the big pool and will teach adults basic water adjustment and safety skills for their children.

Class day/time: Sunday @ 10:30am

### STARFISH Ages 4+

At this level, students will learn to put their face in the water and enjoy the water safely. To pass this level, children must swim 5 yards without support.

Class day/times: Sunday @ 10:30am, 11:30am

### SEAHORSE Ages 4+

Prerequisite: completion of Starfish or swimming 5 yards comfortably on their own. To pass this level, students must swim 20 yards of front and back crawl.

Class day/times: Sunday @ 11:00am, Noon

### LOBSTER Ages 4+

Prerequisite: completion of Seahorse or swimming 20 yards of front crawl independently and be able to tread water comfortably in the deep end. This class focuses on stroke and side breathing refinement.

Class day/time: Sunday @ 11:30am

### SEAL Ages 6+

Prerequisite: completion of Lobster. This level includes lap swimming and students must demonstrate the ability to swim 25 yards comfortably. This class will refine strokes and introduce breaststroke, sidestroke, and flip turns.

Class day/time: Sunday @ 11:00am

### DOLPHIN Ages 6+

Prerequisite: completion of Seal. Students continue to refine and gain endurance for key strokes and are introduced to butterfly.

Class day/time: Sunday @ Noon

### SHARK Ages 6+

Prerequisite: completion of Dolphin. Students will polish strokes and swim with more ease, efficiency, and smoothness over greater distances. Completion of this class qualifies students to become a volunteer for the JAWS program.

Class day/time: Sunday @ Noon

Session 1: September 11-October 9

**\$43 Resident | \$52 Non-Resident**

Session 2: October 16-November 13

**\$43 Resident | \$52 Non-Resident**

Session 3: November 27-December 18

**\$35 Resident | \$42 Non-Resident**



“SWIM  
LESSONS  
TEACHING SKILLS  
THAT LAST A  
LIFETIME”