

Y SWIM LESSONS™

We build strong kids, strong families, strong communities.



SHRIMP (Parent/Child) Ages 6 mos. - 36 mos.

This class is designed for beginners and toddlers of all age ranges. Children will be taught comfort in a swimming pool with a focus on developing basic swimming skills such as floating, kicking, paddling, blowing bubbles, and breath control. The children will also learn how to interact with an instructor and become accustomed to a swim lesson environment. Participants are required to wear tight fitting plastic pants or swim diapers while in the pool. Adults must accompany their child in the pool.

4:00-4:30 p.m.

3 - 5 YEAR OLDS

PIKE

This class is designed for those participants with very little swimming ability. Children will work toward accomplishing kicking, front and back floating, breath control, and independent swimming.

4:30-5:15 p.m.



EEL

This class is designed for children who can swim 5-10 feet independently with their face in the water. Participants will work toward accomplishing breathing techniques, coordination of the front crawl stroke, kicking on their front as well as their back, deep water adjustment.

5:15-6:00 p.m.



RAY

This class is designed for children who can swim on their back and who are learning to coordinate the front crawl stroke with their side breathing. Participants will work toward accomplishing rotary breathing, backstroke, treading water and deep water swimming.

6:00-6:45 p.m.



STARFISH

This class is designed for those participants who can swim the front and back crawl stroke across the width of the pool. Participants will work on elementary backstroke, breaststroke, and diving.

6:00-6:45 p.m.

