

GROUP SWIM LESSONS WINTER II 2023

Session Dates

Tuesday's
April 11 - May 16, 2023

Thursday's
April 13 - May 18, 2023

Registration Opens

Members - Monday, March 20
Non-Members - Monday, March 27
(registration and fees based on child membership status)



Parent/Child I (ages 6 to 18 months)

This class will familiarize children between the ages of 6 to 18 months old with the water and teach swimming readiness skills as well as provide safety information and techniques parents can use to orient their child to the water.

Day/Time: Tuesday's; 4:30-4:55pm
Cost: \$35 Member / \$65 Non-Member
Max: 10 participants

Parent/Child II (ages 18 months to 3 years)

This class will familiarize children between the ages of 18 months to 3 years old with the water and teach swimming readiness skills as well as provide safety information and techniques parents can use to orient their child to the water.

Day/Time: Thursday's; 4:30-4:55pm
Cost: \$35 Member / \$65 Non-Member
Max: 10 participants

Pre-School Level 1 (ages 3-5)

This class will orient participants to the aquatic environment and help them gain basic aquatic skills. Kids will learn safe practices around water. This class is recommended for kids ages 3-5 or who have never taken swim lessons before.

Day/Time: Tuesday's; 5:00-5:25pm
Tuesday's; 5:30-5:55pm
Thursday's; 5:00-5:25pm
Cost: \$50 Member / \$80 Non-Member
Max: 4 participants

Pre-School Level 2 (ages 3-5)

This class will build on the basic aquatic skills and concepts taught in Pre-School Level 1. This class is recommended for those who have successfully completed Pre-School Level 1 or have experience with swim lessons.

Day/Time: Tuesday's; 6:00-6:25pm
Thursday's; 5:30-5:55pm
Thursday's; 6:00-6:25pm
Cost: \$50 Member / \$80 Non-Member
Max: 4 participants

NOTE:

Levels 1-4 will meet 5 times during the 6 week session

Level 1: Introduction to Water Skills (5+)

This course will orient participants to the aquatic environment and help them gain basic aquatic skills. This class is recommend for those who are age 5+ and have not taken swim lessons before.

Day/Time: Tuesday's; 5:00-5:25pm *(no class May 2)*
Tuesday's; 5:30-5:55pm *(no class May 2)*
Thursday's; 5:00-5:25pm *(no class April 20)*
Cost: \$42 Member / \$67 Non-Member
Max: 6 participants

Level 2: Fundamental Aquatic Skills (5+)

The objective of this level is to give participants success with fundamental skills. This level marks the beginning of true locomotion skills.

Day/Time: Tuesday's; 6:00-6:25pm *(no class May 2)*
Thursday's; 5:30-5:55pm *(no class April 20)*
Cost: \$42 Member / \$67 Non-Member
Max: 6 participants

Level 3: Stroke Development (5+)

The objective of this level is to expand proficiency of for front crawl and elementary backstroke skills and learn additional kicking skills.

Day/Time: Tuesday's; 6:30-7:05pm (*no class May 2*)
Thursday's; 6:00-6:35pm (*no class April 20*)
Cost: \$42 Member / \$67 Non-Member
Max: 6 participants

Level 4: Stroke Improvement (5+)

Participants will improve their aquatic skills and increase their endurance in strokes they have learned in the lower levels. Additional strokes that are introduced at this level include sidestroke and breaststroke.

Day/Time: Thursday's; 6:40-7:15pm (*no class April 20*)
Cost: \$42 Member / \$67 Non-Member
Max: 6 participants

INSTRUCTORS

Miryssa Olson

Miryssa will be teaching
Parent-Child and Pre-
School levels this session

Bob Jakubowski

Bob will be teaching
Levels 1-4 this session