



STRONG SWIMMERS STRONG CHILD

Thank you for the success
of our swim program!
Next session starts Oct. 2

SWIMMING LESSONS

Water Discovery Swim Classes (ages 3 months-3 years)

(formerly known as Mommy and Me Class)

Starting Oct. 3 (4 weeks)

Tuesday/Thursday 10:30am-11:00am

Member \$20 Non-member \$40

(maximum 8 students)

Swim Basics Classes (ages 3 years & older)

Starting Oct. 2 (4 weeks)

Monday/Wednesday 11:10am-11:50am

Member \$42 Non-member \$62

(maximum 6 students)

Swim Strokes Classes

Starting Oct. 3 (4 weeks)

Tuesday/Wednesday 11:10am-11:50am

Members: \$42 Non-members: \$62

(maximum 6 students)

Swim Basics and Swim Strokes Classes

(ages 3 years & older)

Starting Oct. 3 (4 weeks)

Tuesday/Thursday 3:50pm-4:30pm

Member \$42 Non-member \$62

(maximum 6 students)

OPTION: Saturday Morning Classes

Starting Oct. 7 (8 weeks - 1 class per week)

Saturday 10:20am-11:00am

Members: \$42 Non-members: \$62

Adult Saturday Swim Class

Starting Oct. 7 (8 weeks - 1 class per week)

Saturday 9:10am-10:10am

Members: \$60 Non-members: \$80



Ask about **Private Lessons**

4 half-hour sessions

Member \$64 Non-member \$84

(up to 4 students)



Program Overview

SWIM STARTERS Parent* & child lessons	SWIM BASICS (Safety Around Water) Recommended skills for all to have around water	SWIM STROKES Skills to support a healthy lifestyle	PATHWAYS Specialized tracks
<div data-bbox="495 1822 771 1999"> A Water Discovery  </div> <div data-bbox="495 1606 771 1789"> B Water Exploration  </div>	<div data-bbox="495 1390 771 1579"> 1 Water Acclimation  </div> <div data-bbox="495 1180 771 1369"> 2 Water Movement  </div> <div data-bbox="495 961 771 1150"> 3 Water Stamina  </div>	<div data-bbox="495 751 771 928"> 4 Stroke Introduction  </div> <div data-bbox="495 541 771 730"> 5 Stroke Development  </div> <div data-bbox="495 310 771 499"> 6 Stroke Mechanics  </div>	<div data-bbox="495 100 620 289"> Competition  </div> <div data-bbox="646 100 771 289"> Leadership  </div> <div data-bbox="797 100 922 289"> Recreation  </div>
Outcomes Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.	Outcomes Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: <ul style="list-style-type: none"> - Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit - Jump, push, turn, grab 	Outcomes Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.	Outcomes Students build confidence, cultivate their passion, and stay active through specialized tracks.
Introduces infants and toddlers to the aquatic environment	Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance	Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke	Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle
Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills	Encourages forward movement in water and basic self-rescue skills performed independently	Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke	Introduces stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle

*We define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.