

BABIES & TODDLERS:

WATER EXPLORATION – AGES 6 TO 24 MONTHS. RELAX AND ENJOY THE WATER THROUGH THE USE OF SONGS, GAMES, AND ACTIVITIES.

8 week class – lessons meet once a week.			
TUE	9/16 – 10/28	10:15 – 10:45A	TERRI
WED	9/10 – 10/29	5:30 – 6:00P	SARAH M.
THUR	9/11 – 10/30	10:00 – 10:30A 10:30 – 11:00A	ALI ALI

WATER TOTS – AGES 2 – 4 YEARS OLD. ACCOMPANIED BY PARENTS TO HAVE FUN AND LEARN BEGINNING SWIMMING SKILLS. FINAL 2 LESSONS WILL BREAK OUT INTO SMALLER GROUPS TO WORK ON PARENT-CHILD INDEPENDENCE. *PREVIOUS PARTICIPATION IN WATER EXPO IS HIGHLY RECOMMENDED.

8 week class – lessons meet once a week.			
TUE	9/9 – 10/28	5:30 – 6:00P	CHRISTINA
TUE	9/16 – 10/28	10:45 – 11:15A	TERRI

PRESCHOOL LESSONS:

GOLDFISH (LEVEL 1) – CHILD MUST BE AT LEAST 2 ½ YEARS OLD TO BEGIN LESSONS. IN GOLDFISH, YOUR CHILD WILL LEARN BREATH CONTROL IN THE WATER, WATER SAFETY SKILLS INCLUDING GETTING IN AND OUT OF THE POOL INDEPENDENTLY, JUMPING INTO SHALLOW WATER, AND AN INTRODUCTION TO FLOATING. *NO PREVIOUS EXPERIENCE IS NEEDED. CHILD MUST BE ABLE TO SIT IN CLASS WITHOUT PARENT’S ASSISTANCE.

8 week class – lessons meet once a week.			
MON	9/8 – 10/27	4:00 – 4:20P	ALI
		4:20 – 4:40P	ALI
		6:00 – 6:20P	TBA
		6:20 – 6:40P	TBA
TUE	9/9 – 10/28	10:15 – 10:35A	BETTY
		11:00 – 11:20A	BETTY
		4:20 – 4:40P	SAMANTHA
		5:40 – 6:00P	SAMANTHA
		6:00 – 6:20P	CHRISTINA
WED	9/10 – 10/29	4:40 – 5:00P	ALI
		5:00 – 5:20P	CHRISTINA
		6:00 – 6:20P	SARAH M.
		6:20 – 6:40P	SARAH M.
THUR	9/11 – 10/30	10:15 – 10:35A	CHRISTINA
		10:40 – 11:00A	CHRISTINA
		4:00 – 4:20P	TBA
		4:40 – 5:00P	SAMANTHA
		6:00 – 6:20P	TAMARA
		6:20 – 6:40P	TAMARA
SAT	9/13 – 11/1	10:15 – 10:35A	TAMARA
		11:00 – 11:20A	TAMARA

PRESCHOOL LESSONS: (CONT.)

STARFISH (LEVEL 1.5) –

CHILD MUST NOT BE AFRAID OF THE WATER AND BE WILLING TO TRY NEW THINGS. IN STARFISH, YOUR CHILD WILL FOCUS ON SKILLS TO DEVELOP BALANCE, PROPULSION AND BREATH CONTROL. EMPHASIS ON WATER SAFETY SKILLS INCLUDING JUMPING INTO DEEPER WATER, LIFEJACKET USAGE, AND SAFE ENTRY/EXIT INTO POOL.

8 week class – lessons meet once a week.			
MON	9/8 – 10/27	4:40 – 5:00P	ALI
		5:00 – 5:20P	ALI
		6:00 – 6:20P	TAMARA
TUE	9/9 – 10/28	10:15 – 10:35A	KAITLYNN
		10:40 – 11:00A	BETTY
		4:00 – 4:20P	SAMANTHA
		4:40 – 5:00P	SAMANTHA
		5:00 – 5:20P	SAMANTHA
		6:00 – 6:20P	SAMANTHA
WED	9/10 – 10/29	6:20 – 6:40P	SAMANTHA
		4:00 – 4:20P	ALI
		4:20 – 4:40P	ALI
		6:00 – 6:20P	CHRISTINA
THUR	9/11 – 10/30	6:20 – 6:40P	CHRISTINA
		10:50 – 11:10A	KAITLYNN
		4:00 – 4:20P	SAMANTHA
		4:20 – 4:40P	SAMANTHA
SAT	9/13 – 11/1	6:00 – 6:20P	SAMANTHA
		6:40 – 7:00P	TAMARA
		10:40 – 11:00A	TAMARA

AGE GROUP LESSONS:

ANGELFISH (LEVEL 2) –

CHILD MUST BE ABLE TO ENTER/EXIT WATER SAFELY AND GO UNDER WATER WITHOUT COACHING. IN ANGELFISH, YOUR CHILD WILL FOCUS ON SKILLS TO DEVELOP BALANCE, PROPULSION AND BREATH CONTROL. SWIMMERS WILL ALSO LEARN TO FLOAT WITHOUT ASSISTANCE, GLIDE OFF THE WALL, AND ROTATE FROM FRONT TO BACK FLOATING POSITIONS. EMPHASIS ON WATER SAFETY SKILLS INCLUDING JUMPING INTO DEEPER WATER, LIFEJACKET USAGE, AND SAFE ENTRY/EXIT INTO POOL.

8 week class – lessons meet once a week.			
MON	9/8 – 10/27	4:30 – 5:00P	BETHANY
		5:00 – 5:30P	BETHANY
		5:30 – 6:00P	ALI
		6:30 – 7:00P	TAMARA
		7:00 – 7:30P	SUMMER
TUE	9/9 – 10/28	11:30A – 12:00P	BETTY
		4:00 – 4:30P	BETHANY
		4:30 – 5:00P	CHRISTINA
		5:00 – 5:30P	CHRISTINA
		5:30 – 6:00P	BETHANY
		6:00 – 6:30P	BETHANY
		6:30 – 7:00P	TBA
7:00 – 7:30P	ALI		
WED	9/10 – 10/29	4:30 – 5:00P	NATHAN
		5:00 – 5:30P	NATHAN
		5:30 – 6:00P	CHRISTINA
		6:00 – 6:30P	NATHAN
		6:30 – 7:00P	SUMMER
		7:00 – 7:30P	NATHAN
THUR	9/11 – 10/30	4:30 – 5:00P	TBA
		5:00 – 5:30P	TBA
		5:30 – 6:00P	TAMARA
		6:00 – 6:30P	TBA
		7:00 – 7:30P	TAMARA
SAT	9/13 – 11/1	11:30A – 12:00P	TAMARA

CLOWNFISH (LEVEL 3) –

PRE-REQUISITE: CHILD MUST BE ABLE TO SWIM ON FRONT AND BACK AT LEAST 10 FEET. IN CLOWNFISH, YOUR CHILD WILL FOCUS ON ROTARY BREATHING AND THE COORDINATION OF FREESTYLE AND BACKSTROKE. ADDITIONAL EMPHASIS ON ELEMENTARY BACKSTROKE, WATER SAFETY SKILLS, AND BALANCE DRILLS.

8 week class – lessons meet once a week.			
MON	9/8 – 10/27	4:30 – 5:00P	TBA
		5:00 – 5:30P	TBA
		5:30 – 6:00P	TAMARA
		6:00 – 6:30P	BETHANY
		6:30 – 7:00P	SUMMER
TUE	9/9 – 10/28	7:00 – 7:30P	TAMARA
		4:30 – 5:00P	BETHANY
		6:00 – 6:30P	ALI
WED	9/10 – 10/29	6:30 – 7:00P	ALI
		4:30 – 5:00P	CHRISTINA
		5:00 – 5:30P	ALI
THUR	9/11 – 10/30	5:30 – 6:00P	NATHAN
		6:30 – 7:00P	NATHAN
		5:00 – 5:30P	TBA
		5:30 – 6:00P	SAMANTHA
		6:30 – 7:00P	TBA

TURTLES (LEVEL 4) –

PRE-REQUISITE: CHILD MUST DEMONSTRATE UNDERSTANDING OF ROTARY BREATHING AND SWIM ON FRONT/BACK FOR 15 YARDS. IN TURTLES, YOUR CHILD WILL CONTINUE TO DEVELOP FREESTYLE, BACKSTROKE, ELEMENTARY BACKSTROKE AND BUTTERFLY STROKES.

8 week class – lessons meet once a week.			
MON	9/8 – 10/27	5:00 – 5:30P	TBA
		5:30 – 6:00P	BETHANY
		6:00 – 6:30P	TBA
		6:30 – 7:00P	TBA
TUE	9/9 – 10/28	4:30 – 5:00P	HALEY
		5:00 – 5:30P	BETHANY
		7:00 – 7:30P	TBA
WED	9/10 – 10/29	5:30 – 6:00P	TBA
		6:00 – 6:30P	TBA
		7:00 – 7:30P	SUMMER
THUR	9/11 – 10/30	4:30 – 5:00P	TBA
		5:00 – 5:30P	HALEY
		6:00 – 6:30P	HALEY
		6:30 – 7:00P	SAMANTHA

SEALS/EELS (LEVEL 5) –

PRE-REQUISITE: CHILD MUST DEMONSTRATE UNDERSTANDING OF FREESTYLE, BACKSTROKE, ELEMENTARY BACKSTROKE, AND BREASTSTROKE AT LEAST 15 YARDS. IN SEALS/EELS, YOUR CHILD WILL CONTINUE TO BUILD ENDURANCE IN FREESTYLE, BACKSTROKE, ELEMENTARY BACKSTROKE, AND BREASTSTROKE. INSTRUCTOR WILL FOCUS ON BUTTERFLY SEQUENCE AND HOW TO PERFORM A STANDING DIVE.

8 week class – lessons meet once a week.			
MON	9/8 – 10/27	4:30 – 5:00P	TBA
		7:00 – 7:30P	TBA
TUE	9/9 – 10/28	5:00 – 5:30P	HALEY
		5:30 – 6:00P	HALEY
WED	9/10 – 10/29	5:00 – 5:30P	KARA
		5:30 – 6:00P	KARA
		6:00 – 6:30P	KARA
THUR	9/11 – 10/30	5:00 – 5:30P	SAMANTHA
		6:30 – 7:00P	HALEY

Four Seasons Learn-to-Swim Group Lessons

BARRACUDAS (LEVEL 6) – *PRE-REQUISITE: CHILD MUST DEMONSTRATE ALL FOUR COMPETITIVE STROKES AND BE ABLE TO SWIM AT LEAST 25 YARDS OF FREESTYLE AND BACKSTROKE.* IN BARRACUDAS, YOUR CHILD WILL CONTINUE TO IMPROVE ENDURANCE IN THE FOUR COMPETITIVE STROKES. INSTRUCTOR WILL FOCUS ON STROKE REFINEMENT AND HOW TO PERFORM OPEN TURNS FOR EACH STROKE.

8 week class – lessons meet once a week.			
MON	9/8 – 10/27	5:30 – 6:00P	TBA
TUE	9/9 – 10/28	6:00 – 6:30P	HALEY
WED	9/10 – 10/29	4:30 – 5:00P 6:30 – 7:00P	KARA KARA
THUR	9/11 – 10/30	4:30 – 5:00P 5:30 – 6:00P	HALEY HALEY

PRE-TEAM (LEVEL 7) – *PRE-REQUISITE: CHILD MUST BE ABLE TO WEAR GOGGLES.* PRE-TEAM IS STRUCTURED TO PREPARE SWIMMERS FOR SWIM TEAM, TO PERFECT THE STROKES, AND TO BUILD ENDURANCE. COMPLETION OF ALL LEVELS AND SKILLS IS STRONGLY RECOMMENDED. SWIMMERS MUST BE WILLING TO WORK HARD.

8 week class; pre-team meets twice a week (MON & TUE only).			
MON & TUE	9/8 – 10/28	5:30 – 6:00P 5:30 – 6:00P	8 & under 9 – 12 years

WHAT SWIM CLASS IS RIGHT FOR ME?

JOIN US FOR EVALUATION DAY

SATURDAY, AUGUST 23RD

10:00-11:30AM

WALK-IN ONLY