



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Y YOUTH SWIM LESSONS

Winter I 1/2-2/23/2019 - 8 week session (Monday & Tuesday Pro-rated for 12/31 & 1/1)

Registration opens for Members 12/10/18 & Community Members 12/12/18

| PARENT & CHILD (6 months-3 yr) | FEE | DURATION | MON | TUES | WED | THUR | FRI | SAT | |
|--|---|------------|----------------------|---|---------------------|-----------------------------|---------|--|--|
| Stage A Water Discovery & Stage B Water Exploration | \$48 Member \$78 Community Member | 30 mins | | 10:00 AM | 5:15 PM | | | 8:30 AM | |
| PRESCHOOL (3-5) | FEE | DURATION | MON | TUES | WED | THUR | FRI | SAT | |
| Stage 1 Water Acclimation & Stage 2 Water Movement | \$48 Member \$78 Community Member | 30 mins | | 4:30 PM | 10:00 AM 5:00 PM | 5:30 PM | 5:00 PM | 9:00 AM 10:00 AM | |
| Stage 3 Water Stamina | \$48 Member \$78 Community Member | 30 mins | | | 5:00 PM | | 5:30 PM | 9:30 AM | |
| YOUTH (5-12) | FEE | DURATION | MON | TUES | WED | THUR | FRI | SAT | |
| Stage 1 Water Acclimation & Stage 2 Water Move- ment | \$56 Member \$89 Community Member | 40 mins | | 4:30 PM | | 6:00 PM | 5:00 PM | 10:30AM | |
| Stage 3 Water Stamina & Stage 4 | \$56 Member \$89 Community Member | 40 mins | 6:00 PM* big pool | 5:15 PM | 5:30 PM | 6:00 PM | | 9:00 AM | |
| Stage 5 Stroke Development & Stage 6 Stroke Mechanics | \$56 Member \$89 Community Member | 40 mins | 3:45 PM* big pool | | | 5:00 PM | | 9:45 AM | |
| Special Programs | FEE | DURATION | MON | TUES | WED | THUR | FRI | SAT | |
| Developmental Swim Team (2X week/monthly) | \$50 Member \$75 Community Member | 60 mins | | 5:30-6:30 PM big pool | | 5:30-6:30 PM big pool | | | |
| Gym & Splash | \$65 Member \$105 Community Member | 1.25 hours | | 5:15 PM Gym and 6 PM Swim | | | | | |
| Tumble & Splash | \$65 Member \$105 Community Member | 1.25 hours | | | | | | 9:45 AM Gym and 10:30 AM Swim | |
| Private Lessons (6 classes) | \$120 Member \$200 Community Member | 30 mins | | Call to set up an appointment. | | | | | |
| Semi-Private Lessons (6 classes) | \$90 Member \$180 Community Member | 30 mins | | | | | | | |



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STRONG SWIMMERS CONFIDENT KIDS

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3
years



3 years–5
years



5 years–12
years



12+ years
TEEN &

All age groups are taught the same skills but divided according to their developmental milestones.

3 yrs.
&
under

Can the student respond to verbal cues and jump on land?

NOT YET

A / WATER
DISCOVERY

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

B / WATER
EXPLORATION

Will the student go underwater voluntarily?

NOT YET

1 / WATER
ACCLIMATION

Can the student do a front and back float on his or her own?

NOT YET

2 / WATER
MOVEMENT

3–12
yrs.

Can the student swim 10–15 yards on his or her front and back?

NOT YET

3 / WATER
STAMINA

Can the student swim 15 yards of front and back crawl?

NOT YET

4 / STROKE
INTRODUCTION

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

5 / STROKE
DEVELOPMENT

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

6 / STROKE
MECHANICS