

Youth Aquatics

Spring Swim Lessons—Session 1

Tuesday, April 7—Saturday, May 16 (six weeks)

- **Member** registration begins Monday, March 9, 2020
- **Non-Member** registration begins Monday, March 16, 2020

DAY	TIME	LEVELS				
Saturday	9:30-10:10 a.m.		Beg.	Adv. Beg.	Intermediate	
	10:15-10:55 a.m.	Beg.	Adv. Beg.	Parent/tot		Stroke Development
	11:10/11:30/11:50 a.m.	20 minute private lessons for children only. Register by calling (810) 606-7540				
Tuesday	5:30-6:10 p.m.		Beg.	Adv. Beg.		Intermediate
	6:15-6:55 p.m.		Beg.	Adv. Beg.	Stroke Development	
Thursday	5:30-6:10 p.m.	Beg.	Adv. Beg.	Parent/tot		Stroke Development
	6:15-6:55 p.m.		Beginner	Adv. Beg.	Intermediate	

Program Costs	Member	Non-Member
	\$60	\$80

To register or for more information, contact our swim lesson phone line (810) 606-7540.

Children 3 and under must wear swim diapers.

Payment must be made at the time of registration. No make up dates for missed classes.

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CLASS DESCRIPTIONS

Parent-Tot (teaching ratio 12:1)

40-minute class with 30 minutes of instruction and 10 minutes of free swim. For infants 6-months or older and toddlers not ready for group lessons. Parents learn methods and progressions to help their child become comfortable in the water. A parent is required to be in the water with the child. All children 3 and under must wear swim diapers.

Beginner (teaching ratio 4:1)

40-minute class. For children 3-years and older who are ready to learn in a group setting without a parent in the water. Child may not be comfortable in the water and cannot yet float or swim independently. Skills taught include learning comfortable submersion, assisted float on back, assisted beginner stroke on front. Unassisted floats and swimming are also taught. Children not yet potty-trained must wear a swim diaper.

Advanced Beginner (teaching ratio 5:1)

40-minute class. For children who are comfortable in the water and can float on their front independently. Skills taught include learning beginning breath control, unassisted beginner strokes on front and back, and learning to swim longer distances by being able to “catch a breath” and keep going.

Intermediate (teaching ratio 6:1)

40-minute class. For children who can swim approximately 12 yards (width of our therapy pool) on their front and back, without stopping. Skills taught include learning freestyle with rhythmic breathing, backstroke, and introduction to breaststroke kick.

Stroke Development (teaching ratio 6:1)

40-minute class. For children who have passed the intermediate level. Child must be able to swim freestyle with side breathing and backstroke for 25 yards (length of lap pool). Child must be comfortable in the deeper water lanes of the lap pool (maximum 5 feet deep). Skills taught include improving freestyle, backstroke and learning beginning drills for breaststroke and butterfly. Class is held in the lap pool with the instructor in the water.

20-minute Private Lessons (teaching ratio 1:1)

Immediately following Saturday group lessons. A one-on-one 20-minute private lesson taught by one of our qualified instructors. Pre-registration is required by calling (810) 606-7540. Cancellations must be made within 8 hours, by calling (810) 606-7540 or the lesson fee will be charged.