

SWIM LESSONS

BE WATER SMART FROM THE START

Parent/Child Swim Lessons

Ages: 6 months - 3 years



Within this program parents, infants, and toddlers discover the aquatic environment while focusing on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.

Preschool Swim Lessons

Ages: 3 - 5 years

Pike



Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

Eel



Increased comfort in the water along with forward movement and with basic self-rescue skills performed independently.

Ray



Develops intermediate self-rescue skills performed at longer distances. Increased forward movement in the water.

Starfish



Achieves the basic water safety and swimming competency by learning the benchmark skills.

Youth Swim Lessons

Ages: 6 years and Up

Poliwog



While students learn to submerge their head and blow bubbles they will also be introduced to front and back crawl while learning new water safety techniques.

Guppy



With the emphasis on the front and back crawl and water safety, breaststroke and butterfly are introduced.

Minnow



Further refinement and endurance of front and back crawl while incorporating sidestroke, treading water, and dives. With more emphasis on endurance.

Fish



Refinement on breaststroke and butterfly at this level along with practicing safety techniques in deep water.

Flying Fish



Working on mechanics of all major competitive strokes while developing more endurance. Student's confidence in the deep water is enhanced.

Shark



Students refine stroke technique on all major competitive strokes, discover how to incorporate swimming into healthy lifestyle.

Porpoise



In this final stage, endurance is a key component. Developing skills related to competitive swimming and enhancing skills and building endurance in deep water.



Nationwide

Insurance & Financial Services
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SWIM LESSONS

DAYS	Tuesday	Wednesday	Thursday	Saturday
PARENT/CHILD (6 months - 3 years)	5:50 - 6:20 pm	6:00 - 6:30 pm	9:00 - 9:30 am	9:00 - 9:30 am
PIKE (3 years - 5 years)	5:10 - 5:40 pm	4:45 - 5:15 pm	9:35 - 10:05 am	9:35 - 10:05 am 10:15 - 10:45 am
EEL (3 years - 5 years)	5:10 - 5:40 pm	5:20 - 5:50 pm	10:10 - 10:40 am	10:15 - 10:45 am
RAY (3 years - 5 years)	4:30 - 5:00 pm	5:55 - 6:25 pm	9:25 - 9:55 am	10:50 - 11:20 am
STARFISH (3 years - 5 years)	4:30 - 5:00 pm	5:55 - 6:25 pm	9:25 - 9:55 am	10:50 - 11:20 am
POLLIWOG (6 years and up)	4:30 - 5:10 pm	6:35 - 7:15 pm	9:15 - 9:55 am	9:00 - 9:40 am
GUPPY (6 years and up)	4:30 - 5:10 pm	6:35 - 7:15 pm	10:05 - 10:40 am	9:50 - 10:30 am
MINNOW (6 years and up)	X	5:45 - 6:25 pm	10:05 - 10:40 am	9:50 - 10:30 am
FISH (6 years and up)	5:20 - 6:00 pm	5:45 - 6:25 pm	10:50 - 11:30 am	10:40 - 11:20 am
FLYING FISH (6 years and up)	5:20 - 6:00 pm	X	10:50 - 11:30 am	10:40 - 11:20 am
SHARK (6 years and up)	5:20 - 6:00 pm	X	10:50 - 11:30 am	10:40 - 11:20 am
PORPOISE (6 years and up)	5:20 - 6:00 pm	X	10:50 - 11:30 am	10:40 - 11:20 am

6 Week Session	FAMILY MEMBERSHIP	MEMBER	NON MEMBER
SESSION FEE	\$11.25	\$18.75	\$33.75