









PARENT & CHILD		YOUTH/TEEN/ADULT					
PARENT & CHILD		PRESCHOOL					
A Water Discovery 	B Water Exploration 	1 Water Acclimation 	2 Water Movement 	3 Water Stamina 	4 Stroke Introduction 	5 Stroke Development 	6 Stroke Mechanics 
<p>Introduces infants and toddlers to the aquatic environment.</p>	<p>Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.</p>	<p>Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.</p>	<p>Encourages forward movement in water and basic self-rescue skills performed independently.</p>	<p>Develops intermediate self-rescue skills performed at longer distances than in previous stages.</p>	<p>Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.</p>	<p>Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.</p>	<p>Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.</p>
Level A Tuesdays 5:45-6:15 p 6:20-6:50 p Saturday 9:00-9:30 a	Level B Thursdays 5:45-6:15 p 6:20-6:50 p Saturday 9:30-10:00 a	Level 1 Tuesdays 5:45-6:15 p Thursdays 6:20-6:50 p Saturdays 10:00-10:30 a	Level 2 Tuesdays 6:20-6:50 p Thursdays 5:45-6:15 p Saturdays 10:35-11:05 a	Level 3 Tuesdays 6:55-7:25 p Thursdays 6:55-7:25 p Saturdays 11:10-11:40 a	Level 4 Tuesdays 5:45-6:25 p Thursdays 6:30-7:10 p Saturdays 9:00-9:40 a	Level 5 Tuesdays 6:30-7:10 p Thursdays 5:45-6:25 p Saturdays 9:45-10:25 a	Level 6 Tuesdays 7:15-7:55 p Thursdays 7:15-7:55 p Saturdays 10:30-11:10 a

\$30 Members
\$60 Non Members

Classes meet once a week for 8 weeks. Register at the front desk