

# Preschool – Aquatics

## Parent/Child Swim Lessons

Ages 6 Months – 36 Months (3 Years)

### SKIPS – Water Adjustment with Parent

The first class in our preschool progressive swim program is SKIPS Water Adjustment Class. This class is for parent(s) and infants 6–36 mos. (3 yrs.).

**PREREQUISITES:** No swimming skills; tight fitting plastic pants or Little Swimmers disposable swim diapers only; NO CLOTH OR DISPOSABLE DIAPERS.

**SKILLS/ACTIVITIES:** Parents will accompany their child in the water while an instructor guides parents in teaching their children fundamental safety & aquatic skills.

**NEXT LEVEL OPTION:** PIKE if at least 3; toilet trained; comfortable without parent.

#### 5-WEEK SESSION

WINTER II	FEBRUARY 24 – MARCH 26
Tues./Thurs.	5:55-6:25 p.m.

**Registration Deadline: February 19**

SPRING	APRIL 7 – MAY 7
Tues./Thurs.	5:55-6:25 p.m.

**Registration Deadline: April 2**

**FEE:** Member: \$27 Non-Member: \$48

#### SATURDAY LESSONS – 5-WEEK SESSION

WINTER II	FEBRUARY 28 – MARCH 28
Sat.	10:55-11:25 a.m.
Sat.	11:30 a.m.-12:00 p.m.

**Registration Deadline: February 19**

SPRING	APRIL 11 – MAY 9
Sat.	10:55-11:25 a.m.
Sat.	11:30 a.m.-12:00 p.m.

**Registration Deadline: April 2**

**FEE:** Member: \$21 Non-Member: \$36

**Note: Registration must be under child's name.**

## 3 – 5 Years Old Water Adjustment without Parent

\*MUST BE comfortable without parent

### PIKE – Preschool Level 1

**PREREQUISITES:** No swimming skills; toilet trained, MUST BE comfortable without parent. Swim diapers are recommended if newly potty trained.

**SKILLS/ACTIVITIES:** Swimmers develop safe pool habits, adjust to the water, and learn basic paddle stroke. To progress, child must feel comfortable holding face in water while blowing bubbles, and must be able to float on their back.

**NEXT LEVEL OPTION:** EEL if under 6 yrs. old.

### EEL – Preschool Level 2

**PREREQUISITES:** PIKE skills.

**SKILLS/ACTIVITIES:** Child is comfortable in the water. Swimmer is taught to kick, dive, float and paddle stroke. To progress, child must swim across the pool with little to no assistance with their face in the water.

**NEXT LEVEL OPTION:** RAY if under 6 yrs. old; POLLIWOG if 6 yrs. old.

### RAY – Preschool Level 3

**PREREQUISITES:** EEL skills.

**SKILLS/ACTIVITIES:** Child can swim independently without a flotation device. Child improves stroke skills, builds endurance, and treads water. Child can swim on their front and back without assistance.

**NEXT LEVEL OPTION:** Guppy 1 if 6 yrs. old.



#### WEEKDAY LESSONS – 5-WEEK SESSION

WINTER I	JANUARY 12 – FEBRUARY 12	
Mon./Wed.	5:00-5:40 p.m.	Pike / Eel
Mon./Wed.	5:50-6:30 p.m.	Pike / Eel / Ray
Tues./Thurs.	6:30-7:10 p.m.	Pike / Eel / Ray
Tues./Thurs.	7:20-8:00 p.m.	Pike / Eel

**Registration Deadline: January 8**

WINTER II	FEBRUARY 23 – MARCH 26	
Mon./Wed.	5:00-5:40 p.m.	Pike / Eel / Ray
Mon./Wed.	5:50-6:30 p.m.	Pike / Eel
Tues./Thurs.	6:30-7:10 p.m.	Pike / Eel / Ray
Tues./Thurs.	7:20-8:00 p.m.	Pike / Eel

**Registration Deadline: February 19**

SPRING	APRIL 6 – MAY 7	
Mon./Wed.	5:00-5:40 p.m.	Pike / Eel / Ray
Mon./Wed.	5:50-6:30 p.m.	Pike / Eel
Tues./Thurs.	3:30-4:10 p.m.	Pike / Eel
Tues./Thurs.	4:20-5:00 p.m.	Pike / Eel / Ray
Tues./Thurs.	6:30-7:10 p.m.	Pike / Eel / Ray
Tues./Thurs.	7:20-8:00 p.m.	Pike / Eel

**Registration Deadline: April 2**

**FEE:** Member: \$29 Non-Member: \$59

#### SATURDAY LESSONS – 5-WEEK SESSION

WINTER II	FEBRUARY 28 – MARCH 28	
Sat.	9:00-9:50 a.m.	Pike / Eel
Sat.	10:00-10:50 a.m.	Pike / Eel / Ray

**Registration Deadline: February 19**

SPRING	APRIL 11 – MAY 9	
Sat.	9:00-9:50 a.m.	Pike / Eel
Sat.	10:00-10:50 a.m.	Pike / Eel / Ray

**Registration Deadline: April 2**

**FEE:** Member: \$24 Non-Member: \$48

**HELP KEEP OUR POOL CLEAN! PLEASE REMOVE STREET SHOES BEFORE ENTERING POOL AREA.**