

Summer Swim Lessons



Swimming is a life skill, as well as great exercise and a challenging sport. The benefits are far greater than just physical health.

Whether it's learning the life skill of water safety or gaining the confidence that comes from learning to swim. Participating in aquatics programs at the Y is about building the whole person, from the inside out.

Register Now for Group Lessons!

COST:

Campers
\$30

Y & Pool Pass Members
\$40

Program Participant
\$50

CITY POOL PASS

Only \$125

Add up to six family Members
Each additional family member \$10

Access to the Pool :
Monday - Saturday :10am - 7pm
Sunday : 1 pm - 5pm



Course Schedule & Information

Preschool - Level 3

Session 1: June 4th - June 27th

Session 2: July 9th - August 1st

Tuesdays & Thursdays

Choose : 8:30 AM or 5:30 PM

8 Classes

Parent / Child Swim Lessons

Session 1: June 6th - 27th

Session 2: July 11th - August 1st

Thursdays

6:15 PM

4 Classes

Course	Purpose	Prerequisites / Information
Parent & Child (30 Minutes Classes)	<ul style="list-style-type: none"> This is an introduction to the aquatic environment for parents and their infants. Parents are encouraged to develop appropriate expectations for their children's performance in the water. They learn basic aquatic safety and have a positive experience with their children that can help them grow closer. 	<ul style="list-style-type: none"> No Skill prerequisites 10-24 months Parent Must be in the water Instructor will guide you and your child
Preschool Level 1 (30-40 Minutes Classes)	<ul style="list-style-type: none"> Introduction to water, Gain self confidence. Learn to move & glide in the water. *With assistance 	<ul style="list-style-type: none"> No Skill prerequisites Participants usually start about 2-5 years of age.
Preschool Level 2 (30-40 Minutes Classes)	<ul style="list-style-type: none"> Introduction into floating, treading water & underwater retrieval of submerged objects (In shallow end). * With assistance. 	<ul style="list-style-type: none"> Successful demonstration of Pre-school Level 1 exit skills assessment.
Level 1: Introduction to Water Skills (45 Minutes Classes)	<ul style="list-style-type: none"> Orient participants to the aquatic environment and help them gain basic aquatic skills. Help participants to begin to develop positive attitudes and safe practices around water. 	<ul style="list-style-type: none"> No skill prerequisites Successful demonstration of Preschool level 2 exit skills assessment Participants usually start at about 6 years of age.
Level 2: Fundamental Aquatic Skills (45 Minutes Classes)	<ul style="list-style-type: none"> Build on the basic aquatic skills and water safety skills and concepts learned in Level 1 	<ul style="list-style-type: none"> Successful demonstration of Level 1 Exit skills assessment.
Level 3: Stroke Development (45 Minutes Classes)	<ul style="list-style-type: none"> Build on the skills learned in Levels 1 and 2 to help participants achieve basic water competency in a pool environment. 	<ul style="list-style-type: none"> Successful demonstration of Level 2 exit skills assessment.