

## Water Safety

Take a Deeper Look

### **Parent and Tot - Splashers and Bubblers 6 - 36 months**

These classes will help you and your child to learn through fun water play together. Our instructors will orient your child to the water, provide opportunities to explore buoyancy, movement and build confidence in a safe environment.

### **Preschool - Bobbers, Floaters, Gliders, Divers, Surfers & Dippers 3 - 5 yrs**

Our swimming lesson program delivers fun and challenges with no more than ve children per class. As your child progresses through the preschool levels they will go from kicking their feet at the edge of the pool to swimming 25 meters on their front and back.

### **Learn to Swim - Otter, Seal, Dolphin & Swimmer 6+ yrs**

As your child moves through our four Learn to Swim levels they will progress from feeling comfortable in the shallow and deep water to performing strokes and -oats to swimming front and back crawl. We strive to create a positive learning environment for your child by incorporating fun, play, exploration, practice and building on your child's successes.

### **Star Levels 6+ yrs**

In addition to learning new strokes your child or youth will work towards perfecting their front and back crawl and breast stroke while building endurance. As your child progresses through the six Star Levels they will be introduced to a wide variety of water activities and skills such as synchronized swimming, lifesaving, water safety, competitive swimming, water polo and leadership skills.

### **Masters 6+ yrs**

In the YMCA Master Swimmer award attention to the Patrol awards is given along with stroke techniques, endurance to 700m, and preparation for leadership roles, volunteerism and lifeguarding.

### **Family Lessons 2+ yrs**

This new and exciting class is geared to everyone interested in a little family time while learning how to swim in the YMCA levels. 2 adults, and up to 3 children in an immediate family may register. Instructors will meet and evaluate your family's needs and levels on the rst day of class. An outline of individual levels and group needs is implemented throughout the rest of the session. We provide individual and group instruction, and adults will be encouraged to learn and participate along with the instructor in the children's progressions.

Sat 9 - 9:40am or Sun10 - 10:40am, see chart on other side for session dates.

Member: \$90 Public: \$120 for 5, 45min lessons

### **Private Lessons**

Available to anyone of any skill level who wants to benefit from personalized one-on-one swimming instruction.

## Swim Lesson Schedule

Effective Jan 3 - June 29

AGE	PROGRAM	MON	TUES	WED	THUR	SAT	SUN	SPRING BREAK
6 - 36 months	Splashers Bubblers	10-10:30am	10-10:30am	10-10:30am	10-10:30am	9-9:40am	10-10:40am	9-9:40am
3 - 5 years	Bobbers Floaters	9-9:30am	9-9:30am 5-5:40pm	9-9:30am	9-9:30am 5-5:40pm	9-9:40am	10-10:40am	9-9:40am 10:30-11:10am
	Gliders Divers	9:30-10 am	9:30-10 am 5-5:40pm	9:30-10 am	9:30-10 am 5-5:40pm	9-9:40am	10-10:40am	9:45-10:25am
	Surfers Dippers		5-5:40pm		5-5:40pm	9-9:40am	10-10:40am	9:45-10:25am
6 years & up	Otter Seal		5:45-6:30pm		5:45-6:30pm	9:45-10:30am	10:45-11:30am	9-10am
	Dolphin Swimmer		5:45-6:30pm		5:45-6:30pm	9:45-10:30am	10:45-11:30am	9-10am
	Star 1 Star 2		5:45-6:45pm		5:45-6:45pm	9:45-10:45am	10:45-11:45am	10-11am
	Star 3 Star 4		5:45-6:45pm		5:45-6:45pm	9:45-10:45am	10:45-11:45am	10-11am
	Star 5 Star 6		5:45-6:45pm		5:45-6:45pm	9:45-10:45am	10:45-11:45am	10-11am
	Children's Masters		5:45-6:45pm		5:45-6:45pm	9:45-10:45am	10:45-11:45am	10-11am
2+ Years	Family Lessons					9-9:40am	10-10:40am	
3-17 Years	Private (1 Student)	8:30-9am 10:30-11am	8:30-9am 10:30-11am 3:30-4pm 4-4:30pm 4:30-5pm	8:30-9am 10:30-11am	8:30-9am 10:30-11am 3:30-4pm 4-4:30pm 4:30-5pm	8:30-9am 10:45-11:15pm 11:15-11:45pm	9-9:30am 9:30-10am 11:30-12pm	

	Dates	# of Classe	30 Min	40 Min	45 Min	60 Min
Mon/ Wed AM	Feb 6 - Feb 29	8	\$32			
	Mar 26 - Apr 18 (no class Apr 9)	7	\$28			
	Apr 23 - May 16	8	\$32			
	May 28 - May 16	8	\$32			
Tue/Thu AM	Feb 7 - Mar 1	8	\$32			
	Mar 27 - Apr 19	8	\$32			
	Apr 24 - May 17	8	\$32			
	May 29 - June 21	8	\$32			
Tue PM	Mar 27 - May 8	7		\$39	\$42	\$51
	May 15 - Jun 26	7		\$39	\$42	\$51
Thu PM	Mar 29 - May 10	7		\$39	\$42	\$51
	May 17 - Jun 28	7		\$39	\$42	\$51
Sat	Mar 31 - May 5	6		\$33	\$36	\$42
	May 26 - Jun 23	5		\$28	\$31	\$37
Sun	Apr 1 - May 6	6		\$33	\$36	\$42
	May 27 - Jun 24	5		\$28	\$31	\$37
Spring Break	Mar 12 -16 Mar 19 - 23	5		\$28		\$37

**Note:**  
MON/WED and TUE/THU morning classes are twice per week.