

# AQUATICS

## SWIM LESSONS

### SWIM STARTERS

#### 6 MONTHS-3 YEARS OLD

Members: \$77 | Non-Members: \$100  
(Please note 2 times a week for 4 weeks)

#### A / WATER DISCOVERY

Mon/Wed 5:30 PM - 6:00PM

#### B / WATER EXPLORATION

Mon/Wed 5:40 PM - 6:10PM

### PRESCHOOL STAGES

#### 3-5 YEARS OLD

Members: \$77 | Non-Members: \$100  
(Please note 2 times a week for 4 weeks)

#### STAGE 1 / WATER ACCLIMATION

Mon/Wed 4:45PM - 5:15PM  
Tues/Thurs 6:15PM - 6:45PM

#### STAGE 2 / WATER MOVEMENT

Mon/Wed 6:15PM - 6:45PM  
Tues/Thurs 4:00PM - 4:30PM  
Tues/Thurs 5:30PM - 6:00PM

#### STAGE 3 / WATER STAMINA

Mon/Wed 4:00PM - 4:30PM  
Tues/Thurs 4:45PM - 5:15PM

### SCHOOL AGE STAGES

#### 5-12 YEARS OLD

Members: \$90 | Non-Members: \$115  
(Please note 2 times a week for 4 weeks)

#### STAGE 1 / WATER ACCLIMATION

Mon/Wed 4:00PM - 4:40PM  
Tues/Thurs 5:40PM - 6:20PM

#### STAGE 2 / WATER MOVEMENT

Mon/Wed 4:50PM - 5:30PM  
Tues/Thurs 4:00PM - 4:40PM

#### STAGE 3 / WATER STAMINA

Mon/Wed 6:30PM - 7:10PM  
Tues/Thurs 4:50PM - 5:30PM

#### STAGE 4 / STROKE INTRODUCTION

Tues/Thurs 6:30PM - 7:10PM

### SWIM STARTERS

#### 6 MONTHS-3 YEARS OLD

Members: \$39 | Non-Members \$50  
(Please note Fri/Sat classes once a week)

#### A / WATER DISCOVERY

Saturday 9:00 AM - 9:30AM

#### B / WATER EXPLORATION

Saturday 9:00 AM - 9:30AM

### PRESCHOOL STAGES

#### 3-5 YEARS OLD

Members: \$39 | Non-Members: \$50  
(Please note Fri/Sat classes once a week)

#### STAGE 1 / WATER ACCLIMATION

Saturday 11:00 AM - 11:30AM

#### STAGE 2 / WATER MOVEMENT

Saturday 10:00 AM - 10:30AM  
Saturday 12:00 PM - 12:30PM

#### STAGE 3 / WATER STAMINA

Saturday 10:00 AM - 10:30AM

### SCHOOL AGE STAGES

#### 5-12 YEARS OLD

Members: \$45 | Non-Members: \$58  
(Please note Fri/Sat classes once a week)

#### STAGE 1 / WATER ACCLIMATION

Saturday 10:00 AM - 10:40AM  
Saturday 9:00 AM - 9:40AM

#### STAGE 2 / WATER MOVEMENT

Saturday 12:00 PM - 12:40PM  
Saturday 11:00 AM - 11:40AM

#### STAGE 3 / WATER STAMINA

Saturday 11:00 AM - 11:40AM

#### STAGE 4 / STROKE INTRODUCTION

Saturday 10:00 AM - 10:40AM

#### STAGE 5 / STROKE DEVELOPMENT

Saturday 10:00 AM - 10:40AM

#### STAGE 6 / STROKE MECHANICS

Saturday 10:00 AM - 10:40AM



### SCHOOL AGE STAGES

#### 5-12 YEARS OLD

Members: \$90 | Non-Members: \$115  
(Please note 2 times a week for 4 weeks)

#### STAGE 5 / STROKE DEVELOPMENT

Mon/Thurs 4:30PM - 5:10PM

#### STAGE 6 / STROKE MECHANICS

Mon/Thurs 4:30PM - 5:10PM



### TEEN & ADULT STAGES

Members: \$39 | Non-Members: \$50  
(Please note Fri/Sat classes once a week)

#### STAGE 1 / WATER ACCLIMATION

Friday 4:30 PM - 5:10PM

#### STAGE 2 / WATER MOVEMENT

Friday 4:30 PM - 5:10PM  
Friday 5:20 PM - 6:00PM

#### STAGE 3 / WATER STAMINA

Friday 5:20 PM - 6:00PM  
Friday 6:10 PM - 6:50PM

#### STAGE 4 / STROKE INTRODUCTION

Friday 6:10 PM - 6:50PM




# FALL SWIM LESSONS


## Registration

Member Registration: September 28, 2020  
Non-Member Registration: September 30, 2020


Session Begins:  
October 5– October 31

## WHAT AGE GROUP DOES THE STUDENT FALL INTO?

 6 months- 3 years  
Parent & Child  
Stages A-B

 3 years - 5 years  
Preschool  
Stages 1-4

 5 years - 12 years  
School Age  
Stages 1-6

 12+ years  
Teen & Adult  
Stages 1-6

## WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

A/WATER  
DISCOVERY

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

B/WATER  
EXPLORATION

Will the student go underwater voluntarily?

NOT YET

1/WATER  
ACCLIMATION

Can the student do a front and back float on his or her own?

NOT YET

2/WATER  
MOVEMENT

Can the student swim 10-15 yards on his or her front and back?

NOT YET

3/WATER  
STAMINA

Can the student swim 15 yards of front and back crawl?

NOT YET

4/STROKE  
INTRODUCTION

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

5/STROKE  
DEVELOPMENT

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

6/STROKE  
MECHANICS