

Preschool | Goldfish:

This level is designed for children ages 3-5. Independence from parent is stressed at this level and the parent does not accompany the child in class. The objective is to orient students to an aquatic environment through supported floating, kicking on front and back, and water safety. Students will learn to submerge themselves in waist high water.

CLASS:	DATES:	DAYS:	TIME:	AT:	PASS/NON
5374	11/15-12/6	M,W	4:30pm-5:10pm	RPX	\$51/\$64
5375	11/15-12/6	M,W	5:20pm-6:00pm	RPX	\$51/\$64
5376	11/15-12/6	M,W	5:20pm-6:00pm	RPX	\$51/\$64
5377	11/15-12/6	M,W	5:20pm-6:00pm	RPX	\$51/\$64
5378	11/15-12/6	M,W	6:10pm-6:50pm	RPX	\$51/\$64
5379	11/15-12/6	M,W	7:00pm-7:40pm	RPX	\$51/\$64
5380	11/15-12/6	M,W	7:00pm-7:40pm	RPX	\$51/\$64

Level 1 | Tadpoles:

The objective of Level 1 is to help children 5+ become comfortable in the water and to enjoy the water safely. Students will learn elementary aquatic skills such as water safety rules and kicking on their front and back with support. Students will also learn the basics of floating without support and recovering to a standing position. Students will be introduced to the basics of locomotion in the water by an alternating arm action. All students must be at least 5 years old.

CLASS:	DATES:	DAYS:	TIME:	AT:	PASS/NON
5382	11/15-12/6	M,W	4:30pm-5:10pm	RPX	\$51/\$64
5383	11/15-12/6	M,W	5:20pm-6:00pm	RPX	\$51/\$64
5384	11/15-12/6	M,W	6:10pm-6:50pm	RPX	\$51/\$64
5385	11/15-12/6	M,W	6:10pm-6:50pm	RPX	\$51/\$64
5386	11/15-12/6	M,W	7:00pm-7:40pm	RPX	\$51/\$64

Level 2 | Guppies:

The objective of Level 2 is to help children 5+ find success with fundamental skills. Students will build on skills such as floating and propulsion through the water and learn coordination of front and back crawl. Prerequisite(s): Successful completion of Level 1 or the ability to front crawl for five yards with arms out of the water AND back crawl for five yards.

CLASS:	DATES:	DAYS:	TIME:	AT:	PASS/NON
5388	11/15-12/6	M,W	4:30pm-5:10pm	RPX	\$51/\$64
5389	11/15-12/6	M,W	6:10pm-6:50pm	RPX	\$51/\$64
5391	11/15-12/6	M,W	7:00pm-7:40pm	RPX	\$51/\$64

Level 3 | Stingrays:

Children 5+ will concentrate on developing confidence and mastering skills learned in previous levels. The elementary backstroke, treading water, and rotary breathing will also be taught. Students will increase endurance by swimming greater distances using front crawl, back crawl. Prerequisite(s): successful completion of Level 2 or the ability to demonstrate all of the skills taught in Level 2.

CLASS:	DATES:	DAYS:	TIME:	AT:	PASS/NON
5393	11/15-12/6	M,W	4:30pm-5:10pm	RPX	\$51/\$64
5394	11/15-12/6	M,W	5:20pm-6:00pm	RPX	\$51/\$64