

◀ ◀ ◀ **Parent/Child and Preschool Swim Lessons** ▶ ▶ ▶

Class Name	Requirements	Description	Skills Taught
Parent/ Child	Age: 6- 36 months Parent must be in the water with their child.	Parents will accompany their children in the pool to increase exposure to movement in the water, as well as learn basic water safety.	-Assisted water entrance/exit -Bubble blowing -Supported front/back float -Submerging mouth, nose, and eyes
Preschool Red	Age: 3-5 years old	An introduction to group swim lessons for children who are unfamiliar with the water.	-Submerging head -Assisted front/back float -Bobbing -Exploration of kicking and arm movement
Preschool Orange	Age: 3-5 years old Child should not be afraid of the water.	Exploration of movement for children who are more comfortable in the water.	-Underwater swimming -Assisted floating - Assisted alternating arm/leg movement -Changing body position
Preschool Yellow	Age: 3-5 years old Child should have completed preschool orange class (or equivalent).	Begin front and back crawl movement, and use supported and unsupported floating. Children will be mostly unassisted while swimming (20 yards).	-Unsupported front/back float -Supported and unsupported front/back movement using arms/legs -Begin treading

### Parent/Child

Parents will accompany their children in the pool to increase exposure to the water, as well as learn basic water safety. Three sessions available.

**Day(s):** Tuesday/Thursday

**Date(s):** Session 1 – September 15, 17, 22, 24, 29,  
October 1, 6, 8  
Session 3 – November 17, 19, 24,  
December 1, 3, 8, 10, 15

**Time:** 6:30 p.m.- 7:00 p.m.

**Place:** Indoor Aquatics Leisure Pool

**Age Requirement:** 6-36 Months

**Fee:** \$68.00 Member per session  
\$82.00 Resident Non-Member per session  
\$112.00 Surrounding Community Non-Member per session

**Day(s):** Saturday

**Date(s):** Session 2 – October 24, 31,  
November 7, 14, 21, 28, December 5, 12

**Time:** 10:30 a.m.- 11:00 a.m.

### Preschool Red

This class is an introduction to group swim lessons for children who are unfamiliar with the water.

**Day(s):** Monday/Wednesday

**Date(s):** Session 1 – September 14, 16, 21, 23, 28, 30,  
October 5, 7  
Session 3 – November 16, 18, 23, 25, 30,  
December 2, 7, 9

**Time:** 9:30 a.m.- 10:00 a.m.

**Place:** Indoor Aquatics Leisure Pool

**Age Requirement:** 3-5 Years Old

**Fee:** \$75.00 Member per session  
\$90.00 Resident Non-Member per session  
\$112.00 Surrounding Community Non-Member per session

**Day(s):** Saturday

**Date(s):** Session 2 – October 24, 31,  
November 7, 14, 21, 28, December 5, 12

**Time:** 9:00 a.m.- 9:30 a.m.



### Preschool Orange (A)

This class consists of exploration of movement for children who are slightly more comfortable in the water.

**Day(s):** Monday/Wednesday  
**Date(s):** Session 1 – September 14, 16, 21, 23, 28, 30, October 5, 7  
Session 3 – November 16, 18, 23, 25, 30, December 2, 7, 9  
**Time:** 10:00 a.m. - 10:30 a.m.  
**Place:** Indoor Aquatics Leisure Pool  
**Age Requirement:** 3-5 Years Old  
**Fee:** \$75.00 Member per session  
\$90.00 Resident Non-Member per session  
\$112.00 Surrounding Community Non-Member per session

### Preschool Orange (B)

This class offers exploration of movement for children who are slightly more comfortable in the water.

**Day(s):** Tuesday/Thursday  
**Date(s):** Session 1 – September 15, 17, 22, 24, 29, October 1, 6, 8  
Session 3 – November 17, 19, 24, December 1, 3, 8, 10, 15  
**Time:** 6:00 p.m.- 6:30 p.m.

### Preschool Orange

This class consists of exploration of movement for children who are slightly more comfortable in the water.

**Day(s):** Saturday  
**Date(s):** Session 2 – October 24, 31, November 7, 14, 21, 28, December 5, 12  
**Time:** 9:30 a.m. - 10:00 a.m.  
**Place:** Indoor Aquatics Leisure Pool  
**Age Requirement:** 3-5 Years Old  
**Fee:** \$75.00 Member per session  
\$90.00 Resident Non-Member per session  
\$112.00 Surrounding Community Non-Member per session

### Preschool Yellow (A)

This class will begin front and back crawl movement, and will use supported and unsupported floating. Children will be mostly unassisted while swimming (20 yards).

**Day(s):** Monday/Wednesday  
**Date(s):** Session 1 – September 14, 16, 21, 23, 28, 30, October 5, 7  
Session 3 – November 16, 18, 23, 25, 30, December 2, 7, 9  
**Time:** 1:00 p.m.- 1:30 p.m.  
**Place:** Indoor Aquatics Pool- Lane 1  
**Age Requirement:** 3-5 Years Old  
**Fee:** \$75.00 Member per session  
\$90.00 Resident Non-Member per session  
\$112.00 Surrounding Community Non-Member per session

### Preschool Yellow (B)

This class will begin front and back crawl movement, and will use supported and unsupported floating. Children will be mostly unassisted while swimming (20 yards).

**Day(s):** Monday/Wednesday  
**Date(s):** Session 1 – September 14, 16, 21, 23, 28, 30, October 5, 7  
Session 3 – November 16, 18, 23, 25, 30, December 2, 7, 9  
**Time:** 6:00 p.m.- 6:30 p.m.  
**Place:** Indoor Aquatics Pool- Lane 1  
**Age Requirement:** 3-5 Years Old  
**Fee:** \$75.00 Member per session  
\$90.00 Resident Non-Member per session  
\$112.00 Surrounding Community Non-Member per session

### Preschool Yellow

Children will begin front and back crawl movement, and use supported floating. Children will be mostly unassisted while swimming (20 yards).

**Day(s):** Saturday  
**Date(s):** Session 2 – October 24, 31, November 7, 14, 21, 28, December 5, 12  
**Time:** 10:00 a.m.- 10:30 a.m.  
**Place:** Indoor Aquatics Pool- Lane 1  
**Age Requirement:** 3-5 Years Old  
**Fee:** \$75.00 Member per session  
\$90.00 Resident Non-Member per session  
\$112.00 Surrounding Community Non-Member per session