

SWIM LESSON SCHEDULE

2019 SPRING 2 SWIM LESSONS: April 8 – May 19

Early Registration (Members only): March 18-24
Open Registration: March 25-April 6

Register at our Front Desk anytime the Superior Y is open or online 24/7 at bit.ly/SuperiorY

MEMBERS: \$35 GENERAL PUBLIC: \$70

SWIM LESSON OVERVIEW

Your child will love learning to swim in our warm water rec pool! This instructional program focuses on the individual child and allows them to explore their swim abilities using a natural progression through easy-to-follow benchmark skills.

- **Play-based learning:** Our guided exploration approach teaches children to control their body in the water while maintaining an awareness of their own limitations. While your children explore their swim abilities, they are closely monitored by their swim instructor.
- **Small class sizes:** Our Swim Basics classes have a maximum of four students per instructor. Swim Strokes have a maximum of six to one.
- **Individualized instruction:** Students are placed in small groups with other students of like age and skill. Our lessons advance through two parent/child stages and six independent stages. While all children learn and develop at their own pace, we typically expect children to spend one to three sessions in each of the six stages.

CLASS SCHEDULE

Classes meet once a week for six weeks. NO LESSONS MARCH 11-14. Lessons for 12 yrs and younger meet for 30 minutes of instruction and end with 5 minutes of in-water play time. Teen and adult classes meet for one hour. Register early to ensure best day and time availability. To maintain our Instructor: Student ratios, missed lessons cannot be made up during another day or time.

PARENT/CHILD and TODDLER LESSONS

	MON	TUE	WED	THU
SWIM STARTERS: Stages A-B, ages 6 months –3 yrs Parent Child lessons <u>with a parent in the water</u>	9:10 1AQYPC1 5:15 1ACYPC2			5:15 1AQYPC3
SWIM BASICS for Toddlers: Ages 2.5-3 yrs Small group lessons for younger preschoolers learning to follow instructions <u>without a parent in the water</u>	9:50 1AQYT1 4:35 1AQYT2 5:55 1AQYT3			4:35 1AQYT4

PRESCHOOL and SCHOOL-AGED LESSONS

	MON	TUE	WED	THU
SWIM BASICS: Stages 1-3, ages 3-12 yrs SWIM STROKES: Stages 4-6, Ages 3-12 yrs	9:10 1AQYHS1 9:50 1AQYHS2 4:35 1AQYM1 5:15 1AQYM2 5:55 1AQYM3	4:35 1AQYTU1 5:15 1AQYTU2 5:55 1AQYTU3	9:10 1AQYHS3 9:50 1AQYHS4 4:35 1AQYW1 5:15 1AQYW2 5:55 1AQYW3	4:35 1AQYTH1 5:15 1AQYTH2 5:55 1AQYTH3

ADULT and TEEN LESSONS

	MON	TUE	WED	THU
SWIM PATHWAYS: Ages 10-16 Aquatic Conditioning and Endurance through Water Sports and Games	6:30 1AQYPA1		4:30 1AQYPA2	
SWIM BASICS for Adults Small group lessons for Adult Beginners			5:30 1AQAD1	
SWIM STROKES for Adults Small group lessons for Intermediate/Advanced Adults	6:30 1AQAD2 (MEETS TWICE/WK, \$50/\$100)		6:30 1AQAD2 (MEETS TWICE/WK, \$50/\$100)	