

SWIM LESSON SCHEDULE

2019 SPRING 1 SWIM LESSONS: February 18 - April 7

Early Registration (Members only): January 28-February 3
Open Registration: February 4-17

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

NO LESSONS MARCH 11-14

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.

	Mondays	Tuesdays	Wednesdays	Thursdays
SWIM STARTERS: Stages A-B for students not ready to be in the water without a parent. Stage A /Water Discovery Stage B /Water Exploration	Swim Starters for 6 –36 month olds (with parent or caregiver)			
	5:15pm: 1AQYPC2		1:10pm: 1AQYPC3	
SWIM BASICS: Stages 1-3 for students learning basic safety and survival swimming skills Stage 1 /Water Acclimation Stage 2 /Water Movement Stage 3 /Water Stamina	Swim Basics for 2.5-3 year olds			
	9:10am: 1AQYHS0 9:50am: 1AQYHS1 4:35pm: 1AQYT2 5:55pm: 1AQYT3	5:15pm: 1AQYT4	12:30pm: 1AQYT5	
and SWIM STROKES: Stages 4-6 for students ready to learn proper stroke techniques and build endurance Stage 4 /Stroke Introduction Stage 5 /Stroke Development Stage 6 /Stroke Mechanics	Swim Basics for 3-6 and 6-12 year olds and Swim Strokes for 5-12 year olds			
	9:10am: 1AQYHS0* 9:50am: 1AQYHS1* <small>*Swim Basics Only</small> 4:35pm: 1AQY1 5:15pm: 1AQY2 5:55pm: 1AQY3	4:35pm: 1AQY4 5:15pm: 1AQY5 5:55pm: 1AQY6	12:30pm: 1AQYHS2 1:10pm: 1AQYHS3	4:35pm: 1AQY7 5:15pm: 1AQY8 5:55pm: 1AQY9
	Swim Basics for Teens and Adults			
			5:00pm: 1AQAD1	
	Swim Strokes for Teens and Adults			
			6:00pm: 1AQAD2	
SWIM PATHWAYS: Endurance Water Sports and Games for 10-16 year old swimmers who have mastered	Swim Pathways for 10-16 year olds			
			4:00pm: 1AQYF1	