

# SWIM LESSON SCHEDULE

## 2019 WINTER SWIM LESSONS: January 7 – February 17

Early Registration (Members only): December 10-16  
Open Registration: December 17-January 5

Register at our Front Desk anytime the Superior Y is open or online 24/7 at [bit.ly/SuperiorY](http://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. Lessons meet for 30 minutes of instruction and end with 5 minutes of in-water play time. 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	
<b>SWIM STARTERS: Stages A-B</b> for students not ready to be in the water without a parent. <b>Stage A/Water Discovery</b> <b>Stage B/Water Exploration</b>	Swim Starters for 6 –36 month olds (with parent or caregiver)				
	<b>9:10am:</b> 1AQPC11 <b>5:15pm:</b> 1AQYPC2			<b>1:10pm:</b> 1AQYPC3	
<b>SWIM BASICS: Stages 1-3</b> for students learning basic safety and survival swimming skills <b>Stage 1/Water Acclimation</b> <b>Stage 2/Water Movement</b> <b>Stage 3/Water Stamina</b>  <b>and</b>	Swim Basics for 2.5-3 year olds				
	<b>9:50am:</b> 1AQYT1 <b>4:35pm:</b> 1AQYT2 <b>5:55pm:</b> 1AQYT3	<b>5:15pm:</b> 1AQYT4 <b>5:55pm:</b> 1AQYT5		<b>12:30pm:</b> 1AQYT6	
	Swim Basics for 3-6 and 6-12 year olds and Swim Strokes for 5-12 year olds				
	<b>4:35pm:</b> 1AQYY2 <b>5:15pm:</b> 1AQYY3 <b>5:55pm:</b> 1AQYY4	<b>4:35pm:</b> 1AQYY5 <b>5:15pm:</b> 1AQYY6 <b>5:55pm:</b> 1AQYY7		<b>4:35pm:</b> 1AQYY8 <b>5:15pm:</b> 1AQYY9 <b>5:55pm:</b> 1AQYYZ10	
<b>SWIM STROKES: Stages 4-6</b> for students ready to learn proper stroke techniques and build endurance <b>Stage 4/Stroke Introduction</b> <b>Stage 5/Stroke Development</b> <b>Stage 6/Stroke Mechanics</b>	Swim Basics for Teens and Adults				
			<b>5:00pm:</b> 1AQAD1		
	Swim Strokes for Teens and Adults				
			<b>6:00pm:</b> 1AQAD2		