

Fall 2024 Swim, Gym & Recreation Children Programs
September 3, 2024 – December 31, 2024

Children’s Programs:

Open Swim: Open Swim is for families and lap and leisure swimmers to enjoy our warm water pool! Open Swim times are on Thursday, 7:00-8:00 pm, Friday, 4:00-7:00 pm, and Saturday, 12:00-1:00 pm. Lap & Leisure passes can be used for Open Swim.

Single passes: 1 hour: \$7-members/\$9-non-members | 2 hours: \$10-members/\$12 non-members | Families of 5 or more only pay \$35 (members) or \$45 (non-members)

Swim Lessons: Both group and private swim lessons meet for six-week sessions.

Session 1

Session Dates: Sep 9 – Oct 19
Registration: Aug 19 – Sep 9

Session 2

Session Dates: Oct 28 – Dec 14
Registration: Oct 14 – Oct 28
*No classes 11/25-11/30

Group Lesson Pricing: \$54-members/\$66 for not-yet members.

Private Lesson Pricing: \$84-members/\$96 for not-yet members.

Time	Monday	Wednesday	Saturday
9:00-9:30 am			Pre-School w/ Parents
9:30-10:00 am			Waterbabies
10:00-10:30am			Level 1 / Level 2
10:30-11:00 am			Private Lesson
*4:00 – 4:30 pm	Private Lesson	Private Lesson	
*4:30 – 5:00 pm	Pre-School / Private Lesson	Private Lesson	
*5:00 – 5:30 pm	Level ½ / Private Lesson	Waterbabies	
* 5:30 – 6:00 pm	Pre-School / Private Lesson	Pre-School w/ Parents	
6:00 – 6:30 pm	Guard Start	Level 3/4	
6:30 – 7:00 pm	Private Lesson	Private Lesson	

***Lessons during these time periods will not be available for Session 2!**

Level Descriptions *(continued on back)*

Waterbabies: Parent and child learn water exploration skills. Teacher interaction and group activities will focus on feeling secure and content in the water. **For ages 6 mos.-2 years.**

Preschool with Parents: a water exploration class for young children and parents. Blowing bubbles, floats, arm coordination, and strokes will be taught. An instructor will take parents through different holds and cues involved in swim instruction. Is a stepping-stone for preschool. **For ages 2-4.**

Preschool Swim: A water exploration class for young children. Blowing bubbles, floats, arm coordination, and strokes will be taught. Children wear bubbles to assist in swimming. **For ages 3-5.**

Level 1: Learn basic skills to move comfortably in the water. All skills are done with the support of instructor.

Level 2: Glides with kicks, front & back crawl, and rhythmic breathing. Lessons in mildly deep water.

Level 3: Front and back glides are unsupported. Front and back crawl become more accomplished. Elementary backstroke and diving will be introduced. Lessons in the deep end.

Level 4: Instruction includes coordinating front and back crawl, elementary backstroke, breaststroke, and side stroke. Dives are done from a standing position.

Guard Start: This course guides youth to the American Red Cross lifeguarding program. Students will learn prevention, fitness, response, leadership, and professionalism and all the basic skills for lifeguarding. **For ages 12-14 and must be a swimmer in level 4, 5, or 6.**

Gymnastics: Gymnastic classes meet on Monday, Tuesday, and Saturdays for 6 weeks.

Pricing: 45-min classes: \$50-members/\$62 for not-yet members. *1-hour class: \$62/members/\$74 not-yet members

Class	Dates	Registration	Details:
Pixie Gym	Session 1: Sep 10 – Oct 15	Session 1: Aug 19- Sep 10	Tuesday 9:30-10:15 am (No class on 11/26) <i>For parents and toddlers age 1-2</i>
	Session 2: Oct 29 – Dec 10	Session 2: Oct 14 – Oct 29	
Pixie Gym	Session 1: Sep 14 – Oct 19	Session 1: Aug 19 – Sep 14	Saturday 9:00-9:45 am (No class on 11/30) <i>For parents and toddlers age 1-2</i>
	Session 2: Nov 2 – Dec 14	Session 2: Oct 14 – Nov 2	
Pre-School I	Session 1: Sep 14 – Oct 19	Session 1: Aug 19 – Sep 14	Saturday 10:00 - 10:45 am (No class on 11/30) <i>For parents and children ages 2-4</i>
	Session 2: Nov 2 – Dec 14	Session 2: Oct 14 – Nov 2	
Pre-School II	Sep 9 – Oct 14	Aug 19 – Sep 9	Monday 5:00-5:45 pm <i>For children ages 3-5</i>
Pre-School II	Sep 14 – Oct 19	Aug 19 – Sep 14	Saturday 11:00 – 11:45 am <i>For children ages 3-5</i>
Beginner Gymnastics	Session 1: Sep 9 – Oct 14	Session 1: Aug 19 – Sep 9	Monday 6:00-7:00 pm <i>For children ages 5-10</i>
	Session 2: Nov 2 – Dec 14	Session 2: Oct 14 – Nov 2	Saturday 11:00-12:00 pm* (No class on 11/30) <i>For children ages 5-10</i>

For more information or to sign up for classes please call (607) 753-9651.