

# Spring SWIM Lessons

Starts March 16 - May 18, 2025

## PARENT and TOT SWIM

Ages 6 mo.-3 yrs.

The objective is to get both the parent and the child comfortable in the water. Children will have fun while parents guide them through water skills and explore the wonders of water play.

Sun. (3/16 - 5/18)	10—10:30am	\$152/M, \$192/NM	8 weeks
Tues. (3/18 - 5/13)	10:45—11:15am	\$152/M, \$192/NM	8 weeks
Sat. (3/22 - 5/17)	10—10:30am	\$152/M, \$192/NM	8 weeks

## Preschool Introductory Swim Ages 3-5yrs

Class is for preschool aged children who are mature enough to enter the water independently and follow directions. Focus is on water safety and introductory swimming skills.

Sun. (3/16 - 5/18)	10:30—11am	\$152/M, \$192/NM	8 weeks
Tues. (3/18 - 5/13)	4—4:30pm	\$152/M, \$192/NM	8 weeks
Thurs. (3/20 - 5/15)	11—11:30am	\$152/M, \$192/NM	8 weeks
Sat. (3/22 - 5/17)	10:30—11am	\$152/M, \$192/NM	8 weeks

## Level 1 Intro to Water Skills Grades K & above

Class is designed to help child become more comfortable in the water. Swimmers need to enter water independently, follow directions and hold onto the wall by themselves. Focus on beginner swimming and water safety skills including: bubbles, kicking, back float and beginning front stroke.

Sun. (3/16 - 5/18)	11—11:30am	\$152/M, \$192/NM	8 weeks
Tues. (3/18 - 5/13)	4:30—5pm	\$152/M, \$192/NM	8 weeks
Tues. (3/18 - 5/13)	5—5:30pm	\$152/M, \$192/NM	8 weeks
Thurs. (3/20 - 5/15)	4:30—5pm	\$152/M, \$192/NM	8 weeks
Thurs. (3/20 - 5/15)	5—5:30pm	\$152/M, \$192/NM	8 weeks
Sat. (3/22 - 5/17)	11—11:30am	\$152/M, \$192/NM	8 weeks

## Level 2 Fundamental Aquatic Skills

Grade K & above

Swimmers need to have completed Level 1 and can swim a short distance on their own. Focus on floating and gliding on front and back with roll to reverse side, front and back basic stroke arm and leg motions, bobbing, jumping and water safety skills.

Sun. (3/16 - 5/18)	11—11:30am	\$152/M, \$192/NM	8 weeks
Tues. (3/18 - 5/13)	4—4:30pm	\$152/M, \$192/NM	8 weeks
Tues. 3/18 - 5/13)	5—5:30pm	\$152/M, \$192/NM	8 weeks
Thurs. (3/20 - 5/15)	4:30—5pm	\$152/M, \$192/NM	8 weeks
Thurs. (3/20 - 5/15)	5—5:30pm	\$152/M, \$192/NM	8 weeks
Sat. (3/22 - 5/17)	11—11:30am	\$152/M, \$192/NM	8 weeks

## Level 3 Stroke Development Grades K & above

Swimmers need to have completed Level 2 or all skills required to pass Level 2. Focus on increased endurance and swimming longer distances without stopping. Improve Level 2 skills begin to learn the elementary backstroke, breaststroke arms and legs combined, tread water and rotary breathing.

Sun. (3/16 - 5/18)	11:30am—12pm	\$152/M, \$192/NM	8 weeks
Tues. (3/18 - 5/13)	4:30—5pm	\$152/M, \$192/NM	8 weeks
Thurs. (3/20 - 5/15)	4—4:30pm	\$152/M, \$192/NM	8 weeks
Sat. (3/22 - 5/17)	11:30—12pm	\$152/M, \$192/NM	8 weeks

\* Need minimum of 3 to run class

\*\* Level 4 swimmers contact Aquatics Directors

**No Lessons:  
April 13, 19 - 25**

## WAHOO Swim Club

Tuesdays, March 18 - May 13: \$200/Members, \$248/Non-Members

Thursdays, March 20 - May 15: \$200/Members, \$248/Non-Members

**No Club: April 22, 24**

The goal of the Club is to technically and proficiently develop swimmers techniques in the four racing strokes: butterfly, freestyle, breaststroke, and backstroke. The Club provides a fun environment for children to grow and develop.

Two club levels are offered, developmental level and advanced technical level.

**Developmental Level** builds on skills learned in the JCC instructional program. Including the improvement of four racing strokes through technique correction, while introducing proper form for flip turns, racing dives and various drills in a noncompetitive way.

### Developmental Level

Tuesday: 4:30—5:30pm

Thursday: 4:30—5:30pm

### Advanced Technical Level

Tuesday: 5:30—6:30pm

Thursday: 5:30—6:30pm

**Advanced Technical Group** includes activities like critical stroke technique correction in four racing strokes, flip turns, racing starts, and reviewing rules and regulations on competitive swimming as a stepping stone for high school or competitive swim programs.

### Level 4 and above

(contact Aquatics Directors  
for evaluation)

For more information contact:

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