

Children's Aquatics Classes Winter 2020

	MONDAYS	TUESDAYS	SATURDAYS	Member	General
Session = 8 classes	January 13 - March 16 No class on 1/20, 2/17	January 14 - March 10 No class on 2/18	January 18 - March 14 No class on 2/22		
3 - 5 years					
Super Tot Gym and Swim		1:00 - 2:45pm		\$128	\$152
6 months - 3 years					
Swim For Tots	10:30 - 11:00am	5:30 - 6:00pm or 6:05 - 6:35pm	10:00 - 10:30am 10:35 - 11:05am	\$88	\$104
3+ years					
Levels One, Two and Three	3:35 - 4:15pm Preschool and Progressive	5:30 - 6:10pm Preschool 6:15 - 6:55pm Progressive	10:00 - 10:40am Preschool 10:45 - 11:25am Progressive	\$104	\$144
Levels Four	3:35 - 4:15pm	6:15 - 6:55pm	10:45 - 11:25am	\$104	\$144
Stroke Development		6:15 - 6:55 pm		\$104	\$144

Scholarships are available. Underwriting for these scholarships provided by members interested in the health and welfare of youth.

Full refunds (less a \$10 processing fee) can be requested prior to the beginning of a class; pro-rated refunds up to the second session. No refunds may be made after the second session. The J reserves the right to cancel a class in advance if there is insufficient enrollment or if a qualified instructor is not available. To provide the fullest benefits to participants, it is necessary to limit the size of most classes.



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Lesson and Class Info

Super Tot Gym & Swim 3 - 5 years old

This class combines the best of both worlds! The gym instruction consists of 45 minutes of physical education, and is followed by a group swim lesson with certified instructor in the pool.

Swim For Tots Ages 6 months - 3 years *(child must be accompanied by an adult)*

Children become acclimated to the water and will learn how to blow bubbles, kick and move through the water with parental assistance. This class requires parents to be in the pool with their child. Children who are three years old on the first day of class or older must take preschool level one.

Beginner Swim Lessons Ages 3 - 5 = Preschool Levels 1 - 3

Advanced Swim Lessons Ages 6 - 12 = Progressive Levels 1 - 4

Level One	Water exploration is for children that have <u>never</u> taken swim lessons before including swim for tots. Children are working on water acclimation, safety, and basic swimming skills. This is the class for children who are afraid and have separation anxiety.
Level Two	Advanced beginner level for children who have taken parent/child classes, or other forms of swim lessons. Children are working on basic swimming skills, safety, self-confidence in and around the water. Children swim independently with a bubble and a noodle (children are not clinging to the instructor.)
Level Three	Intermediate level. Children work on swim strokes for front and back, safety, self-confidence, and endurance. Children swim independently without floatation.
Level Four	This class introduces breaststroke, rotary kick, sculling and survival float. The focus will be increased proficiency and endurance of front crawl, back crawl, butterfly, elementary backstroke, breaststroke and treading water.

NEW CLASS - Stroke Development

This **NEW** class is replacing our levels 5 and 6 swim lessons. It is specifically designed to strengthen all four strokes of swimming. The focus will be to prepare swimmers to join our spring/winter swim team. Swimming competitively involves endurance, psychological readiness and the ability to maintain strong motivation toward competing. Swimming is a lifelong skill and a sport with the correct foundation and fundamentals; it can be a sport for life.

Prefer individualized instruction?
Try our Private or Semi-Private Lessons.

30 MINUTES	Private Lessons		Semi-Private Lessons			GP
	M	GP	M	M (Per Person)	GP	(Per Person)
1 session	\$27	\$42	\$42	\$21	\$58	\$29
5 sessions	\$130	\$210	\$205	\$102.50	\$290	\$145
10 sessions	\$250	\$400	\$400	\$200	\$560	\$280

M = Member Rates,
GP = General Public Rates

Semi-private lessons are for 2 swimmers. The rate per person is the charge for each swimmer.