

# Fall 1 & 2 Swim School - Toddler & Preschool Programs

## Tadpole (6 months to 3 years old)

A parent accompanies their child into the pool.

The goal of this class is to get the child comfortable in the water. Our instructors will provide assistance in helping your child develop communication, coordination, motor skills & water safety skills. Swim diapers are required for children who are not potty trained.

Children are eligible for the member rate if a parent is a member.

### Fall 1 Times:

Saturday (9/22 to 11/3) 11:00 to 11:30 a.m.

### Fall 2 Times:

Saturday (11/10 to 12/22) 11:00 to 11:30 a.m.

## Jellyfish (4 to 5 years old)

This class is for children who are comfortable in the water & have a good understanding of swimming form and technique. Freestyle form & technique will be introduced.

Children should be able to swim to the first set of flags or further in their own. Streamlines & backstroke will be introduced. They will also work on swimming a length of the pool on their own.

### Fall 1 Times:

Wednesday (9/19 to 10/31) 4:00 to 4:30 p.m.

Sunday (9/22 to 11/4) 10:30 to 11:00 a.m.

### Fall 2 Times:

Wednesday (11/7 to 12/19) 4:00 to 4:30 p.m.

Sunday (11/11 to 12/23) 10:30 to 11:00 a.m.

## Goldfish (4 to 5 years old)

This class focuses on helping children develop basic swimming skills. Children will be taught how to climb in & out of the pool and will also learn the safety rules of the pool.

They will learn how to properly kick on top of the water while submerging their faces & blowing bubbles. Arm scoops, blast offs and back floats will also be introduced.

### Fall 1 Times:

Monday (9/17 to 10/29) 4:00 to 4:30 p.m.

Wednesday (9/19 to 10/31) 4:00 to 4:30 p.m.

Saturday (9/22 to 11/3) 10:00 to 10:30 a.m.

Sunday (9/22 to 11/4) 10:30 to 11:00 a.m.

### Fall 2 Times:

Monday (11/5 to 12/17) 4:00 to 4:30 p.m.

Wednesday (11/7 to 12/19) 4:00 to 4:30 p.m.

Saturday (11/10 to 12/22) 10:00 to 10:30 a.m.

Sunday (11/11 to 12/23) 10:30 to 11:00 a.m.

## Swordfish (4 to 5 years old)

This class is for children who can swim a whole lap of freestyle & backstroke on their own with proper form and technique.

Rotary breathing will be fine-tuned and your child will be taught how to tread water & dive. This class will truly push your child's limits and will help them build their courage, strength & endurance.

### Fall 1 Times:

Saturday (9/22 to 11/3) 10:00 to 10:30 a.m.

### Fall 2 Times:

Saturday (11/10 to 12/22) 10:00 to 10:30 a.m.

### Fees:

**Members - \$120 / Non-Members - \$150**

**Registration can be done in-person at the Center or over the phone with a credit card at 973-228-7665.**

