



****NEW** Saturday Swim with Anna!**

New Session | January 1st-Feb 9th

10:00 AM Mommy & Me (3 months-2 years old): Baby swim lessons are a great way to teach your child some important developmental skills and have fun! Parent or guardian must swim with child.

11:00 AM Early Beginner (3-5 Yrs.): This class will focus on introduction to the water and improvement of child's safety and comfort in the pool. Children learn elementary skills: water entry, bubble blowing, flutter kick, back float, and more. We will work together to create a positive relationship with the water.

12:00 PM Developmental Beginner/Intermediate (3-5 Yrs.): This class is for participants who are comfortable in the water but need to develop those fundamental skills in order to combine those elementary skills to create a more productive swimmer. Emphasis will be on water adjustment, readiness skills, floating, kicking, and beginning to swim independently.

1:00 PM Intermediate/Advanced (5 years old and up): This class is for children that are confident in the water and know the basic swimming skills. At this level, the arm positions, leg kicks, and breathing will be practiced and developed into a strong, safe, assistant free swimmer.

2:00 PM Water Safety & Introduction for Older Students (must be 5 or older): This class will focus on older students who lack the comfort of being in the water. Taking time to focus on safety and developing these fundamentals are essential to children as they grow older and will be exposed to the water more often. Private introduction in a more mature environment will help students develop at their own level comfortably and effectively.

Swim Lessons will meet once a week for six weeks.

Cost: \$40 for members / \$60 for non members

Parents are asked to drop their children off and then leave the pool area. Parents may observe from the upstairs weight room windows if desired. There will be 15 minutes between each class for class transition & parent/instructor discussion.



For more information call 812.988.9622

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