



Swim Lessons



Saturday Swim with Anna!

New Session!

September 24th–November 11th

10:00 AM Tadpoles: (12mos.-3yrs.) This 45 minute class will incorporate a parent/child comfortability with the water, along with teaching water safety. In addition to splash and play time, our instructor will lead you through an organized cycle of the fundamentals to help our littles build that foundation.

11:00 AM Minnows: (3-5yrs.) 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. (45 min.)

12:00 PM Guppies: (5yrs. +) 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. (45 min.)

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, unless you are enrolled in a parent/child swim class. 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.

