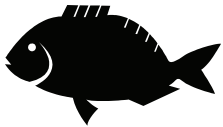


**Description of levels**



		<u>Parent-Child Ages 6 months to 36 months</u>
Shrimp/Kipper/Inia/Perch	10:20-10:55 am	<p><i>Shrimp/Kipper/Inia/Perch:</i> The objective of this level is to get both the parent and child comfortable in the water. The child explores a new environment while the parent learns how to teach the child to be safer in and around the water. Classes are designed so the child has fun while the parent urges him or her to learn aquatic skills. The child will be exposed to games that use basic movements in the water, such as kicking, arm strokes and breath control.</p> <p><u>Preschool Ages 3-5</u> <i>Pike:</i> Never had swim lessons or very little swimming instruction. <i>Eel:</i> Must be able to paddle without assistance 5 feet, and float on back and front. Must be able to jump into the deep end and swim out to instructor. <i>Ray:</i> Must be able to paddle front and back 15 feet without assistance. <i>Starfish:</i> Must be able to swim front crawl with rotary breathing for 20 feet. Must be able to swim 20 feet on their back.</p> <p><u>Progressive Ages 6 and up</u> <i>Polliwog:</i> Never had swim lessons or very little swimming instruction. <i>Guppy:</i> Must be able to paddle on front and back 25 meters without assistance, back and front float. Must be comfortable in water. <i>Minnow:</i> Must be able to do basic breaststroke, front crawl with correct flutter kick and rotary breathing and backstroke 25 meters. <i>Fish:</i> Must be able to tread in deep water for 1 minute. Must be able to swim 25 meters front crawl, backstroke, breaststroke, eliminate backstroke and side stroke. Must be able to dive off side. Must have completed minnow level. <i>Flying Fish:</i> Must be able to tread in deep water for 3 minutes. Must be able to swim 50 meters front crawl, backstroke, breaststroke, elementary backstroke and side stroke. Must be able to dive off side.</p>
	6:05-6:40 pm	
Pike	10:20-10:55 am	
	10:55-11:30 am	
Pike with Parent	5:30-6:05 pm	
	6:05-6:40 pm	
Eel	10:20-10:55 am	
	5:30-6:05 pm	
Ray/Starfish	6:05-6:40 pm	
	9:45-10:20 am	
Polliwog	5:30-6:05 pm	
	10:20-11:10 am	
Guppy	11:15 -12:05 pm	
	5:30-6:20 pm	
Minnow	10:20-11:10 am	
	11:15-12:05 pm	
Fish/Flying Fish	5:30-6:20 pm	
	10:20-11:10 am	
	11:15-12:05 pm	
	6:05-6:55 pm	



- All swim lessons meet for 6 class periods.
- Classes cancelled due to weather will be made up on the Thursday of the week they are cancelled.
- Registration **begins** on May 11 for all sessions. Registration will **end** at noon on the Thursday before the session is to begin. Space is limited! Register early.

**Fees per session:**

Parent-Child: Shrimp/Kipper/Inia/Perch  
\$15 Max  
\$47 Associate

Preschool (Ages 3-5): Pike, Eel, Ray/Starfish  
\$15 Max  
\$47 Associate

Progressive (6 years and up): Polliwog, Guppy, Minnow, Fish/Flying Fish  
\$19 Max  
\$48 Associate



What is the appropriate level for my child?

Read through each level located on the back to determine whether your child can consistently perform all of the skills. Keep reading until you reach a level in which your child cannot perform all of the skills. That is the appropriate level for your child. In addition to stroke development, JCC/YMCA Swim Lessons also teach personal safety, personal growth, water games, sports, and rescue.

Session I: June 10, 11, 12, 15, 16, 17

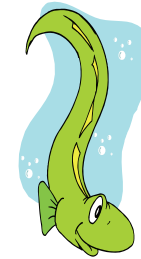
Session II: June 22, 23, 24, 29, 30, July 1

Session III: July 6, 7, 8, 13, 14, 15

Session IV: July 20, 21, 22, 27, 28, 29

Shrimp/Kipper/Inia/Perch	10:20-10:55 am
Pike	9:45-10:20 am 10:20-10:55 am 10:55-11:30 am
Pike with Parent	9:45-10:20 am 10:20-10:55 am
Eel	9:45-10:20 am 10:20-10:55 am
Ray/Starfish	9:45-10:20 am
Polliwog	10:20-11:15 am 11:15 - 12:05 pm
Guppy	10:20-11:15 am 11:15-12:05 pm
Minnow	10:20-11:15 am 11:15-12:05 pm
Fish/Flying Fish	11:15-12:05 pm

Shrimp/Kipper/Inia/Perch	10:20-10:55 am 6:05-6:40 pm
Pike	9:45-10:20 am 10:20-10:55 am 10:55-11:30 am 5:30-6:05 pm 6:05-6:40 pm
Pike with Parent	9:45-10:20 am 10:20-10:55 am 5:30-6:05 pm 6:05-6:40 pm
Eel	9:45-10:20 am 10:20-10:55 am 5:30-6:05 pm 6:05-6:40 pm
Ray/Starfish	9:45-10:20 am 5:30-6:05 pm 6:05-6:40 pm
Polliwog	10:20-11:10 am 11:15 -12:05 pm 5:30-6:20 pm 6:05-6:55 pm
Guppy	10:20-11:10 am 11:15-12:05 pm 5:30-6:20 pm 6:05-6:55 pm
Minnow	10:20-11:10 am 11:15-12:05 pm 6:05-6:55 pm
Fish/Flying Fish	11:15-12:05 pm 6:05-6:55 pm



Shrimp/Kipper/Inia/Perch	10:20-10:55 am 6:05-6:40 pm
Pike	9:45-10:20 am 10:20-10:55 am 10:55-11:30 am 5:30-6:05 pm 6:05-6:40 pm
Pike with Parent	9:45-10:20 am 10:20-10:55 am 5:30-6:05 pm 6:05-6:40 pm
Eel	9:45-10:20 am 10:20-10:55 am 5:30-6:05 pm 6:05-6:40 pm
Ray/Starfish	9:45-10:20 am 5:30-6:05 pm 6:05-6:40 pm
Polliwog	10:20-11:10 am 11:15-12:05 pm 5:30-6:20 pm 6:05-6:55 pm
Guppy	10:20-11:10 am 11:15-12:05 pm 5:30-6:20 pm 6:05-6:55 pm
Minnow	10:20-11:10 am 11:15-12:05 pm 6:05-6:55 pm
Fish/Flying Fish	11:15-12:05 pm 6:05-6:55 pm

**NEW! NEW! NEW!**

Check out our Pool Pals and Splash Zone Swim Clinics on Fridays!