

PRESCHOOL AQUATICS

PRESCHOOL SWIM LESSONS - 5 & UNDER

PRESCHOOL LESSON DESCRIPTIONS

The prerequisites indicate what the child is expected to do prior to the class in which they will be participating. Listed below are some of the skills and activities that the child will be working on in that level.

East		
M	Shrimp/Perch,Pike,Eel,Ray	6:30-7:00pm
TU	Pike	9:15-9:45am
TU	Eel	9:45-10:15am
TU	Ray/Starfish	10:15-10:45am
TU	Shrimp/Perch	10:45-11:15am
TU	Pike,Eel,Ray,Starfish	6:30-7:00pm
W	Pike	9:15-9:45am
W	Eel	9:45-10:15am
W	Ray/Starfish	10:15-10:45am
W	Pike/Eel	10:45-11:15am
TH	Pike	9:45-10:15am
TH	Eel	10:15-10:45am
TH	Ray/Starfish	10:45-11:15am
TH	Shrimp/Perch,Pike,Eel,Ray/Starfish	6:30-7:00pm
SA	Pike,Eel/Ray	10:30-11:00am
		M \$38 P \$76

Northeast		
M	Pike,Eel	4:15-4:45pm
M	Pike,Eel,Ray/Starfish	4:45-5:15pm
M	Pike	5:15-5:45pm
M	Ray/Starfish	6:00-6:30pm
T	Shrimp/Perch	9:00-9:30am
T	Pike	9:30-10:00am
T	Eel	10:00-10:30am
T	Ray	10:30-11:00am
T	Starfish	11:00-11:30am
W	Eel	4:30-5:00pm
W	Shrimp/Perch,Pike	5:00-5:30pm
W	Eel,Ray/Starfish	5:30-6:00pm
W	Pike,Eel	6:00-6:30pm
W	Ray/Starfish	6:45-7:15pm
SA	Shrimp/Perch,Eel	9:00-9:30am
SA	Pike,Ray/Starfish	11:15-11:45am
SA	Eel,Ray/Starfish	11:45-12:15am
SA	Pike	12:00-12:30pm
		M \$38 P \$76

West		
M	Pike,Eel	2:00-2:30pm
T	Pike	3:30-4:00pm
T	Pike,Eel,Ray,Starfish	6:30-7:00pm
W	Pike,Eel,Ray	10:00-10:30am
W	Pike,Eel	10:30-11:00am
W	Shrimp,Perch,Pike,Eel	11:00-11:30am
TH	Pike,Eel,Ray,Starfish	9:30-10:00am
TH	Shrimp,Perch,Pike,Eel	10:00-10:30am
TH	Eel,Ray	3:30-4:00am
TH	Shrimp,Perch,Pike,Ray,Starfish	6:30-7:00pm
SA	Shrimp,Perch,Pike,Eel	9:30-10:00am
SA	Pike,Eel,Ray,Starfish	10:00-10:30am
SU	Shrimp,Perch,Pike,Eel	3:30-4:00pm
SU	Pike,Eel,Ray,Starfish	4:00-4:30pm
		M \$38 P \$76

Classes may be combined due to pool space and class enrollment.

Shrimp - No swim skills

A program for parents with children at least 6-20 months. Focus on water adjustment, safety, and basic swimming skills. Parent or guardian must accompany each child in the water.

Perch - No swim skills

A program for parents with children at least 20-36 months. Focus is on water adjustment, safety, and basic swimming skills preparing them for the preschool levels. Parent or guardian must accompany each child in the water.

Pike - Beginning swim skills

Prerequisites: Must be at least 3 years old. No swimming skills, toilet trained, comfortable without parent.

Skills/Activities: Water adjustment and feel comfortable submerging face, front & back float with **IFD, front paddle, back paddle, and side paddle (all strokes 10 yds with IFD and 5 ft. without IFD).

Next Level based on Instructor's Recommendation: Pike, Eel or Polliwog if 6 years old.

Eel - Advanced beginning swim skills (*ARC Level 1)

Prerequisites: Pike skills

Skills/Activities: Front & Back float, jump into shallow water, front paddle, back paddle, and side paddle strokes (all strokes 25 yds with **IFD and 15 ft. without IFD).

Next Level based on Instructor's Recommendation: Eel, Ray or Polliwog if 6 years old.

Ray - Intermediate swim skills (*ARC Level 2)

Prerequisites: Eel skills

Skills/Activities: Front & back float, tread water, jump into deep water, front alternating paddle, front symmetrical paddle, back alternating paddle, back symmetrical paddle, side paddle strokes (all strokes 25 yds with **IFD and 20 ft without IFD).

Next Level based on Instructor's Recommendation: Ray, Starfish or Guppy if 6 years old.

Starfish - Advanced swim skills (*ARC Level 3)

Prerequisites: Ray skills

Skills/Activities: Front & back float, tread water, jump into water from height, front alternating paddle, front symmetrical paddle, back alternating paddle, back symmetrical paddle, side paddle strokes (all strokes 25 yds with **IFD and 40 ft without IFD).

Next Level based on Instructor's Recommendation: Starfish or Guppy if 6 years old.

*ARC = American Red Cross

**IFD = Individual Flotation Device

NOT SURE OF LEVEL?

If you are unsure about the swim level to sign your child up for, please call Aquatics Director or Assistant Aquatics Director.

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