

Swim Lessons at the Y are offered the entire year. Below are the session dates and registration dates for our next several sessions. Swim Lessons are offered on weekdays or Saturdays, and each session is composed of six (6) lessons. Weekday classes run for three weeks, with 2 lessons each week. Saturday classes run for six weeks, with 1 lesson each week.

Month	Weekday Sessions	Registration Begins	Month	Saturday Sessions	Registration Begins
April	Apr. 4- Apr. 22	Date: Mar. 30	April	Apr. 2-May 7	March 28
May	May 2- May 20	Date: Apr. 27	May	May 7- June 11	May 2
June	June 6- June 24	Date: June 1	June	June 4- July 9	May 30

All class sessions cost \$30 for members and \$60 for potential members. Class times and availability are subject to change.

LEVEL 0: (SHRIMPS): A class for children **ages 6 - 36 months** and their parents. Learn water adjustment skills, personal safety, and fun!

Tues./Thurs. 5:00-5:30 Saturday 11:30-12:00

LEVEL P-1 (PIKE): Beginning skills for children **ages 3-5** that have little or no swimming and floating skills. Emphasis is on basic locomotion.

Mon/Wed 5:00-5:30
Saturday 12:00-12:30

LEVEL P-2 (EEL): Intermediate skills for children **ages 3 - 5** who can already swim-5 feet unassisted and submerge face / exhale bubbles.

Mon/Wed 5:00-5:30/5:30-6:00
Tues./Thurs. 5:00-5:30/5:30-6:00 Saturday 12:00-12:30

LEVEL P-3 (STARFISH): Advanced skills for children **ages 3 - 5** that can float, submerge face, and swim 15 feet unassisted.

Mon/Wed 5:30-6:00
Saturday 12:30-1:00

LEVEL G-1 (POLLIWOG): Beginning skills for children **ages 6 - 14**. The emphasis is on floating, water survival, and basic stroke development.

Mon/Wed 6:00-6:30
Tues./Thurs. 6:00-6:30 Saturday 12:30-1:00

LEVEL G-2 (GUPPY): For children **ages 6 - 14** who can swim 10-15 feet unassisted with a basic stroke and a submerged face.

Mon/Wed 6:00-6:30
Tues./Thurs. 6:00-6:30 Saturday 12:30-1:00

LEVEL G-3 (MINNOW / FISH): For children **ages 6 - 14** who can swim 25 yards (1 pool length) using two or more strokes.

Mon/Wed or Tues./Thurs. 6:00-6:30
Saturday 1:00-1:30

LEVEL A-1 (ADULT BEGINNER): Designed for beginners **ages 15 & up**. Learn basic stroke technique, breath control, safety, and survival.

Mon/Wed 9:00-9:30
Tues./Thurs. 6:00-6:30 Saturday 11:00-11:45

LEVEL A-2 (ADULT INTERMED): Designed for beginners **ages 15 & up**. Learn stroke efficiency, endurance training, and conditioning.

Mon/Wed 9:00-9:30
Tues./Thurs. 6:00-6:30 Saturday 11:00-11:45