








YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

SWIM, SPORTS & PLAY

| PARENT & CHILD | | SCHOOL AGE, TEEN & ADULT | | | | | |
|---|---|---|---|---|---|---|--|
| PRESCHOOL | | | | | | | |
| A Water Discovery | B Water Exploration | 1 Water Acclimation | 2 Water Movement | 3 Water Stamina | 4 Stroke Introduction | 5 Stroke Development | 6 Stroke Mechanics |
|  |  |  |  |  |  |  |  |
| Student not yet able to respond to verbal cues and jump on land. | Student not yet comfortable working with an instructor without a parent in the water. | Student not yet able to go underwater voluntarily. | Student not yet able to do a front and back float on his or her own. | Student not yet able to swim 10-15 yards on his or her front and back. | Student not yet able to swim 15 yards of front and back crawl. | Student not yet able to swim front crawl, back crawl, and breaststroke across the pool. | Student not yet able to swim front crawl, back crawl, and breaststroke across the pool and back. |
| SWIM STARTERS Swim readiness skills | | SWIM BASICS Recommended skills for all to have around water | | | SWIM STROKES Skills to support a healthy lifestyle | | |

| INFANT 6-18 MOS | TODDLER 18 MOS-3 YRS | PRE-SCHOOL 3 YRS TO 5 YRS | | | | | |
|--------------------|-------------------------|---------------------------|--|--|--|--|--|
|--------------------|-------------------------|---------------------------|--|--|--|--|--|



WED 5:30 P
SAT 10:30 A

WED 6:00 P
SAT 11:00 A

WED 6:30 P
WED 7:00 P
SAT 9:00 A
SAT 10:00 A

WED 6:30 P
WED 7:30 P
SAT 9:30 A
SAT 10:00 A

WED 7:00 P
SAT 9:00 A

INSTRUCTOR INVITE ONLY

We teach the nationally recognized Y Progressive swim program. We have a staff of certified guards & instructors who are experienced in teaching both children & adults aquatic skills & personal safety. **We can teach you to swim whatever your age or ability!**

Fees:
Members \$35
Non-Members \$65

| SCHOOL AGE | | | 6YRS—12 YRS | | |
|------------|--|--|-------------|--|--|
|------------|--|--|-------------|--|--|



WED 7:30 P
SAT 9:30 A

WED 7:30 P
SAT 10:00 A

WED 6:30 P
SAT 9:30 A

WED 7:00 P
SAT 9:00 A

WED 5:30 P
SAT 10:30 A

WED 6:00 P
SAT 11:00 A

*Classes and times are subject to change/each level is taught individually

* PLEASE NOTE - Children with floatation devices must be accompanied by an adult at all times in the pool area.