



Swim Lesson Schedule

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Swim Starters		Swim Basics			Swim Strokes		
<p>A Water Discovery</p>	<p>B Water Exploration</p>	<p>1 Water Acclimation</p>	<p>2 Water Movement</p>	<p>3 Water Stamina</p>	<p>4 Stroke Introduction</p>	<p>5 Stroke Development</p>	<p>6 Stroke Mechanics</p>
Parents accompany children in this stage, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.	Parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety skills.	Increases comfort with Underwater exploration and introduces basic self-rescue skills performed with assistance.	Encourages forward movement in water and basic self-rescue skills performed independently.	Develops intermediate self-rescue skills performed at longer distances than in previous stages.	Introduces basic stroke technique in front crawl and reinforces water safety through treading water and elementary backstroke.	Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.	Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.
Saturdays		Tuesday and Thursday			Tuesday and Thursday		
9:00a-9:30a	10:00a-10:30a	5:15p-5:45p	5:15p-5:45p	5:15p-5:45p	5:15p-5:45p	5:15p-5:45p	5:00p-6:00p
9:30a-10:00a (Combo)		6:00p-6:30p	6:00p-6:30p	6:00p-6:30p	6:00p-6:30p	6:00p-6:30p	6:00p-7:00p
Session 2: Sept 8-29		*Session 1: Sep 4-25 (Tuesdays ONLY)			*Session 1: Sep 4-25 (Tuesdays ONLY)		
Session 3: Oct 6-27		*Session 2: Oct 16-Nov 1			*Session 2: Oct 16-Nov 1		
*Session 4: Nov 3-17							
No Class Dec		*Session 3: Nov 6-28			*Session 3: Nov 6-28		
<p>Cost</p> <p>Member: \$25</p> <p>Community: \$50</p> <p>*Prices prorated for shorter session</p>		No Class Thursday Nov 22, Thanksgiving Day			No Class Thursday Nov 22, Thanksgiving Day		
		*Session 4: Dec 4-20			*Session 4: Dec 4-20		
		Free Swim Assessments to figure out which level your child is in. Dates and times listed on the back.					
<p>For more information contact:</p> <p>Kelly Winkels</p> <p>Aquatics Director</p> <p>928 445 7221 ex 239</p>		Cost:		Members: \$35 Community: \$70			
		*Prices prorated for shorter session					

SWIM ASSESSMENTS

Date:	Time:
Tuesday Sept 4	4:30pm-5:00pm
Saturday Sept 8	10:30am-10:45am
Saturday Sept 15	10:30am-10:45am
Saturday Sept 22	10:30am-10:45am
Saturday Sept 29	10:30am-10:45am
Tuesday Oct 2	4:30pm-5:00pm
Saturday Oct 6	10:30am-10:45am
Saturday Oct 13	10:30am-10:45am
Saturday Oct 20	10:30am-10:45am
Saturday Oct 27	10:30am-10:45am
Tuesday Nov 6	4:30pm-5:00pm
Saturday Nov 3	10:30am-10:45am
Saturday Nov 10	10:30am-10:45am
Saturday Nov 17	10:30am-10:45am
Tuesday Dec 4	4:30pm-5:00pm
Tuesday Jan 8	4:30pm-5:00pm
Saturday Jan 5	10:30am-10:45am
Saturday Jan 12	10:30am-10:45am