

STRONG SWIMMERS CONFIDENT KIDS

SWIM LESSONS
EAST ROWAN

- >> Weekday lessons will take place twice a week on Monday & Wednesday or Tuesday & Thursday.
- >> All lessons are 30 minutes long.
- >> Space is limited for all classes. We will do our best to accommodate wait lists but no guarantee.
- >> Due to the high demand for lessons, cancellations after the first class will result in a 50% refund. No refunds are issued if canceling after the second class or later.

Session 1:

March 11–April 3 Monday & Wednesday 6:15–6:45 PM

March 12–April 4 Tuesday & Thursday 6:15–6:45 PM

Registration Open: Feb. 1st–March 6th (online) | March 8th (In Branch)

Cost: Member \$75 | Non-Member \$110

Parent/Child Classes– Water Discovery/Exploration

(0–3 Years Olds)

Pre–School Classes– Water Acclimation, Movement, Stamina

(3–5 Year Olds)

School Age– Water Acclimation, Movement, Stamina & Stroke Introduction








(6–8 year olds)

Teen– Water Acclimation, Movement, Stamina & Stroke Introduction

(9–15 year old)

PARENT & CHILD

PRESCHOOL

<p>A</p> <p>Water Discovery</p>  <p>Student not yet able to respond to verbal cues and jump on land.</p>	<p>B</p> <p>Water Exploration</p>  <p>Student not yet comfortable working with an instructor without a parent in the water.</p>	<p>1</p> <p>Water Acclimation</p>  <p>Student not yet able to go underwater voluntarily.</p>	<p>2</p> <p>Water Movement</p>  <p>Student not yet able to do a front and back float on his or her own.</p>	<p>3</p> <p>Water Stamina</p>  <p>Student not yet able to swim 10–15 yards on his or her front and back.</p>	<p>4</p> <p>Stroke Introduction</p>  <p>Student not yet able to swim 15 yards of front and back crawl.</p>	<p>5</p> <p>Stroke Development</p>  <p>Student not yet able to swim front crawl, back crawl, and breaststroke across the pool.</p>	<p>6</p> <p>Stroke Mechanics</p>  <p>Student not yet able to swim front crawl, back crawl, and breaststroke across the pool and back.</p>
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What Comes Next?

Competition: for students who want to swim competitively either at the Y or for a different organization.

Leadership: for students who want to become a lifeguard or otherwise use swimming skills in their professional career.

Recreation: for students who want to make swimming a part of a healthy lifestyle and a way of getting the recommended amount of physical activity per day.

Contact:

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