

LEVEL	AGES	DESCRIPTION	DAY & TIME	COST
Parent & Tot 1	Ages 4 to 12 months	Parents and babies will explore the water together. They will learn how to safely enter and exit the water and discover the water safely. Parents will learn how to safely support their child while they play.	Tuesday & Thursday 5:30 to 6pm	Member \$63 Non-Member \$78
Parent & Tot 2	Ages 12 to 24 months	Instructors will lead sessions to help parents while children learn basic water safety skills. Parents are taught how to support their child with assisted entries and exits into water and support them in learning to float and kick. They can celebrate together when the child can get their face wet and blow bubbles for the first time.	Tuesday & Thursday 5:30 to 6pm	Member \$63 Non-Member \$78
Parent & Tot 3	Ages 2 to 3 years	Parents will work towards supporting their toddlers in becoming more independent in the water. Getting in, getting out, going under, and floating, parents and toddlers will be introduced to different fundamental swimming skills.	Tuesday & Thursday 5:30 to 6pm	Member \$63 Non-Member \$78
Preschool 1	Ages 3 to 5	Preschoolers will be assisted by their instructor when learning to enter and exit water safely, jump into chest deep water, and put their faces in the water to blow bubbles. Becoming comfortable with floats and glides and moving safely in shallow water while wearing lifejackets will help them gain confidence with their water skills.	Tuesday & Thursday 5 to 5:30pm	Member \$63 Non-Member \$78
Preschool 2	Ages 3 to 5	Preschoolers will work on becoming more independent with their water skills, which include jumping into chest deep water unassisted, submerging and exhaling underwater, and floating and gliding with various buoyant aids. They will be introduced to lateral rollovers and practice their flutter kick on their backs.	Tuesday & Thursday 5:30 to 6pm	Member \$63 Non-Member \$78
Preschool 3	Ages 3 to 5	Preschoolers will kick and glide their way through the water on their fronts and backs. They will work on retrieving objects from the bottom in water that is waist deep, and work towards mastering their floats, rollovers, glides (3m), kicks(3-5m). In this level they work their way into deeper water for side entries and jumping in with their lifejackets on.	Tuesday & Thursday 5:30 to 6pm	Member \$63 Non-Member \$78
Preschool 4	Ages 3 to 5	Preschoolers will gain some independence in deep water. Practice jumping into deeper water (including getting out themselves), sideways entries, and opening their eyes underwater. Swimmers will work on completing 5m of front crawl in their lifejackets, flutter kick on front & back (7m), swim 5m and work on their ability to tread water.	Tuesday & Thursday 6 to 6:30pm	Member \$63 Non-Member \$78
Preschool 5	Ages 3 to 5	Preschoolers will work towards achieving important swimming milestones. They will work on being able to support themselves treading in deep water for 10 seconds and complete 5 m swims with front and back crawl. Wearing a lifejacket, they will practice forward roll entries into deep water, learn to whip kick in a vertical position, and be introduced to interval training .	Tuesday & Thursday 6 to 6:30pm	Member \$63 Non-Member \$78