



# Spring 2019 March 4<sup>th</sup>- June 16<sup>th</sup>

We love babies, toddlers, and young children! Parents are required for your child's safety. There is a class for everyone at Swim-in Zone. Class length is 30 minutes unless noted.

## HELLO POOL! – INTRODUCTORY/BEGINNER CLASS *Ratio 8:1 No prerequisites*

Most children are **less than 2 years old**, and it is usually the child's first swim class! Parents will learn holding positions, cues, safety tips, how to prepare their child for going underwater and much more. The children will learn that swimming is fun.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00a, 1:00p 4:00p	9:00a & 5:45p	11:00a & 5:00p	9:30a & 5:00p		10:00a & 11:30a	

## FIRST TIMERS- INTRODUCTORY/BEGINNER CLASS *Ratio 6:1*

FIRST TIMERS are **2-4 year old** children who are not underwater yet. This may be their first time in swim lessons. Children will learn that the water is fun. Parents will learn safety tips, how to prepare their child for going underwater and much more.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:15p		11:30a			11:00a

## INTERMEDIATE CLASS *Ratio 8:1*

These children are somewhat comfortable in the water. Most children have been in swim lessons before and have been underwater a few times. Safety tips are always included in Swim-in Zone's swim lessons. The children will continue to practice going underwater and swimming, back floating skills, moving along the wall and much more.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00a 5:30p	9:30a, 5:00p 6:00p	11:30a & 5:30p	9:00a, 11:00a 5:30p	10:00a & 12:00p	8:30a, 10:30a 12:30p	

## ADVANCED CLASS *Ratio 8:1*

Children should be able to swim underwater for short held swims. Parents will learn how to help their child swim for a longer distance, roll-over, exhale underwater, return to wall and much more.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:30a 6:00p	10:30a, 5:30a 6:30p	11:15a 7:00p	10:00a 6:00p	11:00a	9:30a 12:00p	11:30a

## TOO LITTLE BUT TOO GOOD- MORE ADVANCED TODDLERS *Ratio 6:1 ages 2.5-3.5 years.*

Children should be underwater swimming, happily going under on a jump, and almost back-floating by themselves. Teacher recommendation required.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:30a & 6:30p	10:00a & 7:00p	11:45a & 6:30p	10:30a 6:30p	10:30a	9:00a, 11:00a 1:00p	12:00p

## SPECIAL NEEDS GROUP CLASS WITH PARENT (SNAP) *Ratio 4:1 ages 3 & up who have a special need.*

Parents must attend class with their children.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						10:30a

**Babbles to Bubbles:** Free for ages 3-6 months. 20 min class offered in 2 sessions 3/4-4/28 and 4/29- 6/16  
**Monday @3:00p, Tue @ 12:00 Wed. @12:30p, Thurs @2:30**

**15 MINUTE PRIVATE** *Ratio 1:1* This 15 minute lesson is perfect for 2 or 3 year-olds whose parent may or may not get into the pool with them. It is a one-on-one class with the instructor. **Available upon request.**