

# Saturday Group Swim Lessons - Fall 2023

We want your child to become confident in the water. Because we know that each child will progress at their own rate, it is our objective to provide each child with a safe and positive learning environment. Your child will advance to the next level when ready as determined by the end of the session evaluation.

## 7 Weeks Session1: September 16 - October 28 (No Classes during Dome up TBA)

Members: \$139.83      Non-Members: \$164.50

## 6 Weeks Session 2: November 4 - December 16 (No Classes Nov 25)

Members: \$119.85      Non-Members: \$141

### Pre-School (3-5 years)

**Tadpole** - A swim class with an instructor for beginner swimmers. This class introduces basic swim skills, and uses of flotation aids to develop independence in the water.

**Lobster** - Young swimmers who have learned to kick, paddle and float without support are challenged to swim independently and demonstrate stroke readiness while emphasizing water safety.

**Starfish** - Young swimmers who can swim independently and demonstrate stroke readiness while emphasizing water safety. Will learn formal strokes, breathing and build endurance.

### Youth (6 & Up)

**Goldfish** - A swim class for swimmers who are six years or older and have little swimming experience. Children become comfortable in the water while learning basic swim skills, water safety and use of flotation aids.

**Flounder** - Independent swimmers who are ready to learn whole strokes. Students are introduced to front crawl, rhythmic breathing, backstroke, diving and water safety skills.

**Snapper** - Swimmers who have the endurance to swim half lengths of the pool with a front crawl and backstroke.. Children are introduced to rotary breathing, perfecting stroke technique and to swimming the full length of the pool.

<u>9:00-9:30</u>	<u>9:30-10:00</u>	<u>10:00-10:30</u>	<u>10:45-11:15</u>	<u>11:15-11:45</u>	<u>12:00-12:30</u>
Starfish	Lobster	Snapper			Goldfish
Tadpole	Tadpole	Flounder	AquaBabies	AquaTots	Tadpole

### Parent and Child

**AquaBabies (6-12 months)** – A wonderful introduction to a swim class for infants and parents. This class is designed to adapt children to the water through songs and games. Parents are introduced to the basics of our swim lesson program and water safety.

**AquaTots (13-36 months)** – While swimming with parents, toddlers are encouraged to explore the water and learn basic swimming skills and water safety through water play, songs and use of flotation aids

**Registration Opens: Active Swim Members:** August 31    **Non-Members:** September 6

15% Discount for Active Swim Members

Book online at <https://www.madisonracquet.com/member-portal/> or call the Front Desk at (203) 245-9444.

Payment is due at the time of booking.

Cancellations require at least 1 week advance notice for a refund, less a 5% cancellation fee.