

Fall I Swim Lesson Schedule

Water Babies (Parent/Child)

Tuesday	9:30 AM
.....	4:45PM
Saturday.....	9:00 AM

Parent & Pike (2-6 years)

Thursday	9:30 AM
.....	4:45PM
Saturday.....	10:30 AM

Preschool (3-6 years)

Pike/Eel:

Tuesday	10:00 AM
.....	4:45 PM
Thursday	10:00 AM
.....	4:45 PM
Saturday.....	9:00 AM
.....	10:30 AM

Ray/Starfish:

Tuesday	10:30 AM
.....	4:45 PM
Thursday	10:30 AM
.....	4:45 PM
Saturday.....	9:00 AM
.....	10:30 AM

Youth (6 years+)

Polliwog:

Tuesday	4:00 PM
Thursday.....	4:00 PM
Saturday.....	9:45 AM
.....	11:15AM

Guppy:

Tuesday	4:00 PM
Thursday.....	4:00 PM
Saturday.....	9:45 AM
.....	11:15 AM

Minnow/Fish:

Tuesday	4:00 PM
Saturday.....	9:45 AM

Flying Fish/Shark:

Thursday.....	4:00 PM
Saturday.....	11:15 AM

Private & Semi-Private Lessons:

Fit into your schedule. Children and adults.

Non-swimmers to competitive stroke refinement.

Special needs?

Why not try a private or semi-private lesson?

4 - 30 minute Private Lessons = \$70

4 - 30 minute Semi-Private Lessons = \$50 per person

Woonsocket Y Swim Lesson Levels

Parent & Child:

*At least one adult must accompany each child
Classes are 30 minutes in length.

Water Babies (ages 6 mos-2 years):

The primary objective is to get both the parent and the child comfortable in the water. Classes are designed to allow the child to have fun in the water while the parent guides them to learn aquatic skills and safety. The child will be exposed to games and songs that use basic movements in the water such as kicking, arm movements, and breath control. Activities are based on the developmental ability of the child.



Parent & Pike (ages 2-5 years):

Building upon the skills taught in Water Babies, this class is designed for children that are mature enough to begin learning basic swim skills but not quite ready to leave the comfort of their parent's arms. Parents are guided through the instruction process of teaching their child the back and front float, kicking and basic survival skills through the use of songs, games and imaginative play.

Preschool:

Ages: 3-5 years

Classes are 30 minutes in length.

The preschool program is the child's first experience in the pool without parental assistance. Each skill level builds upon the preceding level.

Pike: This class is for non-swimmers to very beginner swimmers who are not comfortable in the water or who need assistance while moving through the water while wearing instructional flotation devices.



Eel: This class is for beginner swimmers who can move independently through the water while wearing instructional flotation devices.



Ray/Starfish: This class is for more advanced swimmers who can swim on front, back and side using rudimentary rhythmic breathing with little or no flotation assistance.



Youth:

Ages: 6-16

Classes are 40 minutes in length.

In the youth program, the children are grouped by skill/ability level. Each skill level builds upon the preceding level.

Polliwog: This class is for non-swimmers to very beginner swimmers who are not comfortable in the water or who need assistance while moving through the water while wearing instructional flotation devices.



Guppy: Entry level for this class should be able to swim on front back and side for 25 yards while wearing a flotation device or 20 feet without.



Minnow: Entry level for this class must be able to swim using front alternating & symmetrical paddles using rudimentary rhythmic breathing, side paddle, and back alternating and side paddles for 25 yards without flotation.



Fish: Entry level for this class must be able to swim 25 yards on front with rudimentary overarm stroke and rotary breathing, rudimentary breast stroke, rudimentary side stroke with scissor kick, back alternating overarm stroke and rudimentary elementary backstroke.



Flying Fish/Shark: Entry level for this class must be able to swim 50 yards with open turns of: front crawl with rotary breathing, breast stroke with kick-pull-glide, elementary back stroke with glide, back crawl with a roll and bent arm, side stroke with scissor kick and glide. Also must swim rudimentary butterfly for 25 yards with fins.

