

Instructional Swim

Registration Required - Winter 1 & Spring 1 Sessions

WI Online Registration: 12/8 - 1/4
 Walk-in Registration: 12/9 - 1/4
 (\$5 late fee per class for registration after 12/21)
 Lessons Run: 1/5 - 2/22

SI Online Registration: 2/9 - 2/29
 Walk-in Registration: 2/10 - 2/29
 (\$5 late fee per class for registration after 2/29)
 Lessons Run: 3/1 - 4/19
 No Classes: 4/15

PRIVATE LESSONS AVAILABLE AT OTHER TIMES BASED ON AVAILABILITY. FOR MORE INFO EMAIL, DSK@WASHTENAW.ORG.

GROUP SWIM LESSONS

YOUTH

Parent Tot 1 \$56 #21010
 (6 mos–18 mos with adult) With adult participation, infants and toddlers learn to enjoy water activities. Songs and games teach the children water comfort. One adult per child.

	Session I	Session II
Sun 10:30–10:55a	A	C
Sat 10:30–10:55p	B	D

Parent Tot 2 \$56 #21020
 (18 mos–3.5 yrs with adult) Through songs and games, and with adult help, pre-school aged children learn water comfort and simple water skills. One adult per child.

	Session I	Session II
Sun 11:00–11:25a	A	C
Sat 11:00–11:25a	B	D

Preschool 1 \$56 #21040
 (At least 4 yrs) Great for beginners! Children with little or no water experience will learn water comfort, supported floating/kicking, basic arm movement.

	Session I	Session II
Sun 10:00–10:25a	A	E
Sun 12:00–12:25p	B	F
Sat 10:00–10:25a	C	G
Sat 12:00–12:25a	D	H

Preschool 2 \$56 #21050
 (4–5 yrs) Children already comfortable in the water will practice swimming skills without support. Floating, kicking, front crawl and back crawl will be taught.

	Session I	Session II
Sun 11:30–11:55a	A	E
Sun 12:30–12:55p	B	F
Sat 11:30–11:55a	C	G
Sat 12:30–12:55p	D	H

Level 1 \$63 #21060
 (At least 5 yrs) Fundamental aquatic skills for children who can fully submerge head, float and kick on both front and back without support to begin to complete their strokes.

	Session I	Session II
Sun 10:00–10:40a	A	I
Sun 10:50–11:30a	B	J
Sun 11:40a–12:42p	C	K
Sun 12:30–1:10p	D	L
Sat 10:00–10:40a	E	M
Sat 10:50–11:30a	F	N
Sat 11:40a–12:20p	G	O
Sat 12:30–1:10p	H	P

Level 2 \$63 #21065
 (Must pass Level 1 or with permission) Learn to combine and coordinate basic swimming skills into complete strokes. Rhythmic breathing introduced; front and back crawls will improve.

	Session I	Session II
Sun 10:00–10:40a	A	I
Sun 10:50–11:30a	B	J
Sun 11:40a–12:20p	C	K
Sun 12:30–1:10p	D	L
Sat 10:00–10:40a	E	M
Sat 10:50–11:30a	F	N
Sat 11:40a–12:20p	G	O
Sat 12:30–1:10p	H	P

Level 3 \$63 #21070
 (Must pass Level 2 or with permission) Deep water comfort is a must. Improved stroke technique and endurance is the focus. Children work on more distance with front and back strokes, along with intro to breaststroke and butterfly. Treading water for at least 30 seconds.

	Session I	Session II
Sun 10:00–10:40a	A	C
Sat 10:00–10:40a	B	D

Level 4 \$63 #21075
 (Must pass Level 3 or with permission) Students will refine and improve strokes for those who can swim front and back crawl, and demonstrate breaststroke and butterfly. Must be able to tread water for 1 minute.

	Session I	Session II
Sun 10:50a–11:30p	A	C
Sat 10:50a–11:30p	B	D

Level 5 \$63 #21080
 (Must pass Level 4 or with permission) Students work on stroke refinement for those who have coordinated freestyle, backstroke, breaststroke and butterfly.

	Session I	Session II
Sun 11:40a–12:20p	A	C
Sat 11:40a–12:20p	B	D

Endurance Training \$63 #21090
 (Must pass Level 5 or with permission) Students work on building endurance and focus on stroke technique for swim club/team.

	Session I	Session II
Sun 12:30–1:10p	A	C
Sat 12:30–1:10p	B	D

ADULT & TEEN

Beginning Swimmer \$70 #21100
 (13+ yrs) Designed for those with little or no water experience. Class will focus on water comfort and introduction of strokes. Seniors 62 & Over will receive a \$10 discount.

	Session I	Session II
Th 6:30–7:30p	A	B

Intermediate Swimmer \$70 #21110
 (13+ yrs) Designed for students with some water experience and swimming ability. Class will focus on stroke improvement, including correct breathing coordination.

	Session I	Session II
Th 6:30–7:30p	A	B



Credit: Bryan Mitchell

PRIVATE SWIM LESSONS

Private Swim Lessons \$140 #21000
 (4+ yrs) One-on-one instruction to fit individual needs. Six week sessions. A second person may be added to the same lesson for \$70. Thursday lessons in Session II will be discounted due to the holiday.

	Session I	Session II
Sun 10:00–10:30a	A	S
Sun 10:30–11:00a	B	T
Sun 11:00–11:30a	C	U
Sun 11:30a–12:00p	D	V
Sun 12:00–12:30p	E	W
Sun 12:30–1:00p	F	X
Th 5:00–5:30p	G	Y
Th 5:30–6:00p	H	Z
Th 6:00–6:30p	I	Z1
Th 6:30–7:00p	J	Z2
Th 7:00–7:30p	K	Z3
Th 7:30–8:00p	L	Z4
Sat 10:00–10:30a	M	Z5
Sat 10:30–11:00a	N	Z6
Sat 11:00–11:30a	O	Z7
Sat 11:30a–12:00p	P	Z8
Sat 12:00–12:30p	Q	Z9

(734) 971-6355 x 0 | dsk@washtenaw.org

No make-ups, refunds, or substitutions for missed instructional swim classes

Late registration for Instructional Swim will result in a \$5 late fee