

Group Swim Lessons

Guided swim lessons to increase skills and improve self confidence. Students will be taught basic water safety and skill progressions for all applicable strokes according to the American Red Cross Standards. See back for brief level description. Classes meet once per week. No make-up classes.

Only one family member allowed on pool deck during swim lesson.

	Monday	Thursday	Saturday
Aqua-babies			9:00 - 9:30 am
Aqua-tots			9:30 - 10:00 am
Preschool	4:00 - 4:30 pm	4:30 - 5:00 pm	10:00 - 10:30 am
Level 1	4:30 - 5:00 pm	5:00 - 5:30 pm	10:30 - 11:00 am
Level 2	5:00 - 5:30 pm	5:30 - 6:00 pm	11:00 - 11:30 am
Level 3	5:30 - 6:00 pm		10:00 - 10:30 am
Level 4/5		6:00 - 6:30 pm	10:30 - 11:00 am



Winter 1 Session

January 4 - February 13

Monday, Thursday & Saturday Classes

**Monday/Thursday/Saturday
6 Classes Total**

Members - \$96 • Non-Members - \$120

For more information or to register call : #845-896-5678

ALLSPORT
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www.allsporthealthandfitness.com
#845-896-5678 • 17 Old Main Street, Fishkill, NY

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BABY AND TODDLER LEVELS

*A parent or caregiver takes part in each class

Aqua-babies - Ages 6 months - 18 months (Ratio 1:6)

Aqua-tots - Ages 18 months - 3 years (Ratio 1:6)

BEGINNER SWIM

Preschool - Ages 3 - 5 years (Ratio 1:4)

Current skill: Not comfortable in the water, have never taken a lesson, and can't swim on their own.

Level 1 - Introduction to Water Skills (Ages 5+) (Ratio 1:4)

Current skill: Can swim a little with assistance, first time swimming, and needs to work on basic skills.

Level 2 - Fundamental Aquatic Skills (Ratio 1:6)

Current skill: Comfortable in the water, can swim on front/back with very little assistance, and can swim above/underwater.

INTERMEDIATE AND ADVANCED SWIM

Level 3 - Stroke Development (Ratio 1:6)

Current skill: Comfortable in the water, can swim on front/back unassisted, can swim above/underwater

Level 4/5 - Stroke Improvement/Refinement (Ratio 1:6)

Current skill: Swims independently, can swim the length of the pool on front/back, has some knowledge of advanced strokes

Note: Please do not sign your child up for a class above their skill level. At each level, greater endurance, improved efficiency and a more refined form of each stroke are required. Further class description can be found on our website. If you are unsure of your child's level or have any questions please contact our Aquatics Director.

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