Group Classes

CHILDREN 6 YEARS OLD AND UP—COME MAKE A SPLASH IN OUR CLASSES

Level 1: Introduction to Water Skills
Wednesdays 5:30pm, Saturdays 10:30am
Swimmers learn basics of swimming: bobbing, going under water, supported front and back floating, supported rolling over from front to back and back to front, supported gliding, supported flutter kick, supported front crawl arms and jumping in.

Level 2: Fundamental Aquatic Skills
Sundays 10:30am, Saturdays 11:30a
Swimmers will work on: independent front and back floating, independent rolling over from front to back and back to front, independent front and back glides, front crawl arms and kicks, back crawl arms and kicks, retrieving underwater objects, and jumping into water over their head.

Level 3: Stroke Development
Sundays 11am, Thursdays 5:30pm
Swimmers will work on: gliding, front stroke with side breathing, backstroke, breast stroke and dolphin kicks, retrieving objects in deeper water, treading water, jumping into deep water and compact dives.

Level 4: Stroke Improvement
Sundays 11:30am
Swimmers will work on: rotary breathing, freestyle, backstroke, elementary backstroke, scissors kick and sidestroke, whip kick and breaststroke, intro to turning at wall, treading water with modified scissors, and diving in kneeling position.

Level 5: Stroke Refinement
Saturdays 12pm
Swimmers will work on: alternate breathing, stride jump, refinement of: freestyle, backstroke, elementary backstroke, sidestroke, breaststroke, dolphin kick and butterfly, open turn on front and back, feet-first surface dive, and treading water.

Classes are 30 minutes, once a week.
Classes are 8 weeks long.

SYJCC Members $150
Non-Members $250

It’s NEVER too late to sign up.

All classes are taught by Certified American Red Cross Instructors

Sundays Begin 2/2
Mondays Begin 2/3
Wednesdays Begin 2/5
Thursdays Begin 2/6
Saturdays Begin 2/1

Classes will not meet 2/16-2/22

Refund and cancellation policy available at www.syjcc.org

Contact Aquatics For More Information
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SYJCC
Enriching Our Community