

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: free-style, 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**



**Contact Aquatics For
More Information**

**Carolyn Tynan
Aquatics Director
Ctynan@syjcc.org**

**Aquatics
631.462.9800 x132**

**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**