

# Pre-School Level Classes

Classes are designed for Children 4-5 years old

## Pre-School Level 1

Thursdays 5-5:30pm

Familiarize children with the aquatic environment and teach basic aquatic skills. Children will learn, gliding, submerging their mouth, nose and eyes and rolling in the water while working on their arm and leg movements. All of these skills will be done with support from their instructor to build strength in the water.

## Pre-School Level 2

Saturday 10-10:30am

Children will continue to improve skills and develop more comfort and confidence in and around the water. We review the skills from Pre-School level 1, with assistance from the instructor, teaching students more independence in the aquatic environment. Children will also be working on retrieving objects from chest deep water, treading water, and combining the arm and leg movements to resemble front stroke.



## Contact Aquatics For More Information

Aquatics  
631.462.9800 x132

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Classes are 8 weeks for half an hour!

Members \$150/Non Members \$250

Thursdays begin 2/6, Saturdays begin 2/1

