### PARENT-CHILD CLASSES

**AQUA BABIES (5 - 18 months)** 9:00 am—9:30 am **CLOSED AS OF 4/1/16**

Join us for fun activities that teach infants to feel comfortable in the water. Parents will learn to hold and support infants properly while their child explores breath control, floating, and changing body position while "moving" through the water.

**TOTS 1 (18 - 30 months)** 9:30 am—10:00 am

Great experiences and exciting activities encourage young swimmers to feel safe in the water. Techniques using parental assistance teach children water safety, safe entry, kicking, and arm movements. Swimmers build on breath control, floating, and changing body position while "moving" through the water. Parents join children in the water for this class.

**TOTS 2 (2.5 - 4 years)** 2A **CLOSED AS OF 4/4/16**

The Tots 2 classes are designed for children with no prior swim experience, as well as for those that are not comfortable being on their own in the water. Each class is filled with engaging and challenging games and activities that will motivate your child to swim.

### LEARN-TO-SWIM CLASSES

**LEVEL 1 - INTRO TO WATER SKILLS (5 - 7 years)**

1A **CLOSED AS OF 4/4/16** & 1B **CLOSED AS OF 4/1/16**

1-A Session, 11:00 am—11:30 am OR 1-B Session, 12:30 pm — 1:00 pm

No prerequisites needed. Basic personal water safety information and skills are taught to help participants feel comfortable in the water and to enjoy the water safely. Elementary aquatic skills that are the foundation for future skills are introduced. Swimmers explore movement in the water—bobbing, floating, and gliding.

**LEVEL 2 - FUNDAMENTAL AQUATIC SKILLS (6 - 8 years)** 2A **CLOSED AS OF 4/1/16**

2-A Session, 1:00 pm—1:30 pm OR 2-B Session, 1:30 pm — 2:00 pm

Swimmers entering Level 2 must be able to demonstrate all the completion requirements in Level 1. Participants learn to float without support and explore simultaneous and alternating arm and leg actions on the front and back to lay the foundation for future strokes.

**LEVEL 3 - STROKE DEVELOPMENT (8 - 10 years)** 2:00pm-2:30pm

Swimmers entering Level 3 must be able to demonstrate all the completion requirements in Level 2. Participants learn to coordinate the front crawl and elementary backstroke. Swimmers are introduced to the scissor and dolphin kicks, the fundamentals of treading water and diving.

**LEVEL 4 - SKILLS AND TECHNIQUES** (2:30 pm—3:00pm)

Swimmers entering Level 4 must be able to demonstrate all the completion requirements in Level 3 and Pre-teen swim. Participants learn to coordinate a headfirst entry from the side in a compact and stride position. Swimmers are introduced to the fundamentals of swimming underwater, diving, treading water, survival swimming and learning of advanced techniques.

*PLEASE NOTE: WE RESERVE THE RIGHT FOR OUR INSTRUCTOR TO MOVE A PARTICIPANT TO AN ALTERNATE CLASS BASED ON WHAT IS MOST APPROPRIATE FOR HIS/HER ABILITY LEVEL*

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