

Youth Fall Swim Lessons

Sunday Sessions

September 10th – October 15th

October 22nd – November 26th

1:00-1:30 pm Parent/Child

1:30-2:00 pm Preschool Swim Lessons

2:00-2:40 pm Youth Swim Lessons

2:40-3:20 pm Advanced Swim Lessons

Price

\$30 Member per session

\$55 Non-Member per session

Kids will be assessed on their abilities and placed accordingly in a class on the first day. If you have any questions please contact the JCC's Aquatic Coordinator: Elizabeth Pane at ElizabethH@binghamtonjcc.org or call 724-2417, ext. 122.

Monday Sessions

October 16th – December 4th

Tuesday Session

October 17th – December 12th

(no class October 31st)

Wednesday Session

October 18th – December 13th

(no class November 22nd)

Thursday Session

October 19th – December 14th

(no class November 23rd)

5:00-5:30 pm Parent/Child

5:30-6:00 pm Preschool Swim Lessons

6:00-6:40 pm Youth Swim Lessons

6:45-7:25 pm Advanced Youth Swim Lessons

Price

\$45 Member per session

\$70 Non-Member per session

	Age	Ability
Parent/Child	6 months to 3 years	Provides info & techniques for parents to successfully orient their child to the water. Emphasis on becoming comfortable in the water through use of games & skill repetition.
Preschool	3 years to 5 years	For children who are ready to get into the water without a parent. Children learn water safety & gain confidence. Elementary water skills introduced in a fun & relaxing manner.
Youth	6 years and up	Children will learn fundamental water skills, such as gliding, floating, treading water, & basic stroke elements. Emphasis placed on water safety & fun. Flotation is being phased out in this level.
Advanced Youth	8 years and up	Children should be accustomed to swimming longer distances in the deep end & able to perform most strokes. Children continue to refine & perfect strokes, build endurance, & prepare for competition. Kids should be able to swim without flotation by this point.