

Group Swimming Lessons Levels - Lessons are for ages 3 and up. Our small group classes are 30 minutes and limited to 3 - 4 children. One group of students is in the pool at a time, to promote more focused learning and a larger space to practice. Your children's confidence will increase as they learn and improve their swimming & water safety skills with our experienced instructors.



Goldfish (water adjustment) - for children 3-5 years of age. This class introduces basic water adjustment skills, safety, and fun for young first-time swimmers. The goal of this level is for children to become comfortable in the water.



Seahorse (beginning skills) - for children 3-6 years of age who are able to submerge underwater, with attempts to float on their front and back with assistance. The goals of this level are for children to float unassisted 3-5 seconds and learn proper breath control. They will learn to swim beginner-stroke 15 feet and jump in and get back to the side independently.



Puffer Fish (stroke introduction) - for children who have completed the goals of the Seahorse level. The goals of this level are to swim both beginner-stroke with some rhythmic breathing and backstroke 35 feet unassisted. They will also learn to roll from their front to a safe position on their back.



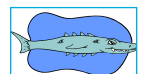
Beta (stroke development) - for children who have completed the goals of the Puffer Fish level. The goals of this level are to increase both endurance and technical qualities of the strokes. Upon completion of this level children will be able to swim 15 yards freestyle with rhythmic breathing and an additional 10 yards beginner stroke. They will also be able to swim the backstroke 25 yards.



Angelfish (stroke improvement) - for children who have completed the goals of the Beta level. The goals of this level are to be able to swim freestyle with rhythmic breathing, backstroke and elementary backstroke 25 yards. They will also be introduced to the breaststroke and dolphin kick.



Dolphins (stroke refinement) - for children who have completed the goals of the Angelfish level. The goals of this level are to swim 25 yards of a refined freestyle, backstroke and elementary backstroke. Children will also learn basic coordination for breaststroke, butterfly and sidestroke. Emphasis is placed on stroke refinement and endurance.



Barracudas (stroke proficiency) - This is a pre-competitive swim class for children at least 7 years old. Children should be able to swim 25 yards freestyle, backstroke, and elementary backstroke and have had an introduction to breaststroke and butterfly. The class will emphasize endurance and speed swimming plus stroke proficiency, with special attention given to both breaststroke and butterfly.

New Saturday Swim Lessons!

Children's Swimming Lessons

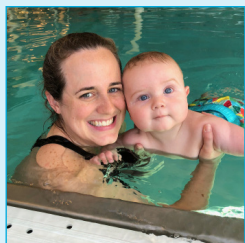


OPEN TO THE PUBLIC
SMALL GROUP & PRIVATE LESSONS
...
AQUABABIES/AQUATOTS
PARENT/CHILD CLASSES

**FALL SESSION
BEGINS SEPTEMBER 15, 2019**

with Striders
the MarshTM
A Center for Balance and Fitness

The Marsh offers a unique environment for children who are learning how to swim - a calm, comfortable atmosphere, warm water pools, highly experienced instructors and individualized attention.



We offer group, private and semi-private lessons for students age 3 and up. We also offer parent-child swimming opportunities for children as young as six months - 4 years old.

The Marsh is an American Red Cross Provider.



Diane Pattridge

*Swim Lesson Coordinator, WSI Instructor
Certified USMS Level I Coach
Certified USMS Adult-learn-to-swim instructor
dpattridge@themarsh.com
952-935-2202, extension 8218*

Private & Semi-Private Swim Lessons

We are able to accommodate your child/children with 30-45 minute lessons, individualized for their needs. **(15% off for Marsh Members)**

Private: 30 minute lesson - \$50, 45 minute lesson - \$75

Semi-private: 30 minute lesson - \$35, 45 minute lesson - \$53 per child

Family of 2: 30 minutes - \$65, 45 minute lesson - \$97 for both children

Call Diane Pattridge for more information and scheduling for private and semi-private lessons at 952-935-2202, ext. 8218, dpattridge@themarsh.com.

Fall Group Lessons 2019

September 15 - October 26

October 27 - December 14

(no lesson 11/26, 11/28, 11/30 & 12/1)

Group Swimming Lessons

Children 3 - 16 years old • 6-week sessions

Session 1: September 15 - October 26 \$148 Public (15% off for Marsh Members)

Session 2: October 27 - December 14 \$148 Public (15% off for Marsh Members)

Tuesdays, Thursdays, Saturdays or Sundays (30 minute classes)

Tuesdays or Thursdays:

3:30 p.m. - Seahorse/Puffer

4:00 p.m. - Angel/Dolphin

4:30 p.m. - Goldfish/Seahorse

5:00 p.m. - Beta/Angel

5:30 p.m. - Seahorse/Puffer

6:00 p.m. - Puffer/Beta

Saturday:

3:30 p.m. - Beta/Angel

4:00 p.m. - Goldfish/Seahorse

4:30 p.m. - Seahorse/Puffer

5:00 p.m. - Angel/Dolphin

Sundays:

5:45 p.m. - Beta/Angel

6:15 p.m. - Dolphin/Barracuda

AquaBabies/AquaTots - Parent/child class

Children 6 months - 4 years old • 6-week sessions

Session 1: September 15 - October 20 \$134 Public (15% off for Marsh Members)

Session 2: October 27 - December 8 \$134 Public (15% off for Marsh Members)

Sundays (30 minute classes)

- **Mixed Level** (6 months - 2 1/2 years old) 3:30 - 4:00 p.m.
- **AquaTots II** (18 months - 3 years old) 4:00 - 4:30 p.m.
- **AquaBabies & AquaTots I** (6 - 17 months old) 4:30 - 5:00 p.m.
- **AquaTots III** (2 1/2 - 4 years old) 5:00 - 5:30 p.m.

Register Online!

Go to www.themarsh.com/fitness/swim-lessons/ and click 'Register Online.'

After signing in (make a new account if this is your first time), find the class that you'd like your child to attend. Click 'Sign Up Now!' and continue.

After payment is complete, you will receive a confirmation email.

Any questions with registration? Call us at 952-935-2202.