



# MENTOR COMMUNITY RECREATION CENTER

## PRESCHOOL SWIM LESSONS

Children ages 4 & 5 learn water safety, survival skills and foundational swimming concepts in a safe and fun environment. Skills are age-appropriate, allowing children to achieve success by disguising learning through play.  
Prerequisites: Must be 4 or 5 years old and comfortable swimming without a parent.

### Preschool Level 1 Min to run class #3; Max in each class #5

<b>Mondays: 5:30 pm – 6:00pm</b>	<b>August 26 - October 14</b>
<b>Tuesdays: 12:00 pm – 12:30pm</b>	<b>August 27 - October 15</b>
<b>Tuesdays: 5:00 pm – 5:30 pm</b>	<b>August 27 - October 15</b>
<b>Saturdays: 9:30 am – 10:00 am</b>	<b>August 31 - October 19</b>



**\*\*No Class Nov 25, 26 or 30\*\***

<b>Mondays: 5:30 pm – 6:00pm</b>	<b>October 21 – December 16</b>
<b>Tuesdays: 12:00 pm – 12:30pm</b>	<b>October 22 – December 17</b>
<b>Tuesdays: 5:00 pm – 5:30 pm</b>	<b>October 22 – December 17</b>
<b>Saturdays: 9:30 am – 10:00am</b>	<b>October 26 – December 21</b>

**\$32 per session of 8 classes (members) \$40 (nonmembers)**

Skills/Activities: Enter and exit water, blow bubbles through nose and mouth, submerging face, front and back floats and glides, alternating arm stroke with kicking and assistance on front and back, arm and leg action for treading water.

### Preschool Level 2 Min to run class #3; Max in each class #5

<b>Mondays: 5:00 pm – 5:30pm</b>	<b>August 26 - October 14</b>
<b>Tuesdays: 6:00 pm – 6:30pm</b>	<b>August 27 - October 15</b>
<b>Thursdays: 12:00pm – 12:30pm</b>	<b>August 29 - October 17</b>
<b>Saturdays: 9:00am - 9:30am</b>	<b>August 31 - October 19</b>

**\*\* No Class Nov 25, 26, 28 or 30\*\***

<b>Mondays: 5:00 pm – 5:30pm</b>	<b>October 21 - December 16</b>
<b>Tuesdays: 6:00 pm – 6:30pm</b>	<b>October 22 - December 17</b>
<b>Thursdays: 12:00pm – 12:30pm</b>	<b>October 24 - December 19</b>
<b>Saturdays: 9:00am - 9:30am</b>	<b>October 26 - December 21</b>



**\$32 per session of 8 classes (members) \$40 (nonmembers)**

Skills/Activities: Enter and exit water, bobbing, retrieve submerged object, front and back floats and glides, roll from front to back and back to front, tread water, combined arm and leg action on front and back, finning arm action on back.

**Preschool Level 3** Min to run class #3; Max in each class #5

**Mondays: 4:30 pm - 5:00 pm** August 26 - October 14  
**Wednesdays: 5:30 pm - 6:00pm** August 28 - October 16  
**Saturdays: 8:00 pm- 8:30 pm** August 31 - October 19

\*\*No Class Nov 25, 27 or 30\*\*

**Mondays: 4:30 pm - 5:00 pm** October 21 - December 16  
**Wednesdays: 5:30 pm - 6:00pm** October 23 - December 18  
**Saturdays: 8:00 pm- 8:30 pm** October 26 - December 21

**\$32 per session of 8 classes (members) \$40 (nonmembers)**

**Skills/Activities:** Jumping into deep water; fully submerge and hold breath; bobbing; front, jellyfish and tuck floats; recovering from front and back floats and glides, tread water using arm and leg actions, combined arm and leg actions on front and back independently.

**Next class is LTS Level 2 if 6 years old.**

