



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

Mondays: 5:30 pm – 6:00pm
Tuesdays: 12:00 pm – 12:30pm
Tuesdays: 5:00 pm – 5:30 pm
Saturdays: 9:30 am – 10:00 am

August 26 - October 21
August 27 - October 15
August 27 - October 15
August 31 - October 19



****No Class Nov 26 – 30, Dec 1****

Mondays: 5:30 pm – 6:00pm
Mondays: 5:30 pm–6:00pm
Tuesdays: 12:00 pm – 12:30pm
Tuesdays: 5:00 pm – 5:30 pm
Wednesday: 6:00 pm – 6:30 pm
Saturdays: 9:30 am – 10:00am
Saturdays: 10:45 am – 11:15am
Sundays: 11:00 am – 11:30am

October 28 – December 16
October 28 – December 16
October 22 – December 17
October 22 – December 17
October 23 – December 18
October 26 – December 21
October 26 – December 21
October 27 – December 22

\$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

Mondays: 5:00 pm – 5:30pm
Tuesdays: 6:00 pm – 6:30pm
Thursdays: 12:00pm – 12:30pm
Saturdays: 9:00am - 9:30am

August 26 - October 21
August 27 - October 15
August 29 - October 17
August 31 - October 19



**** No Class Nov 26- 30, Dec 1****

Mondays: 5:00 pm – 5:30pm
Mondays: 6:30 pm – 7:00pm
Tuesdays: 6:00 pm – 6:30pm
Wednesdays: 6:30 pm – 7:00pm
Saturdays: 9:00am - 9:30am

October 28 - December 16
October 28 - December 16
October 22 - December 17
October 23 - December 18
October 26 - December 21

\$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 26 – 30, Dec 1

Mondays: 4:30 pm - 5:00 pm October 28 - December 16
Wednesdays: 5:30 pm - 6:00pm October 23 –December 18
Fridays: 3:00 pm – 3:30pm October 25 – December 20
Saturdays: 8:00 am- 8:30 am 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.

