



MENTOR COMMUNITY RECREATION CENTER

PRESCHOOL SWIM LESSONS

Children ages 4 and/or 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

Tuesdays/Thursdays: 5:15 – 5:45 pm

Saturdays: 9:45 – 10:15 am

\$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

Tuesdays/Thursdays: 5:15 – 5:45 pm

Saturdays: 9:45 – 10:15 am

\$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

Tuesdays/Thursdays: 5:45 – 6:15 pm

Saturdays: 9 – 9:30 am

\$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.