

SWIMMING LESSONS

FOR PRESCHOOL & UP

Weeks of August 30, 2022–November 17, 2022

January 10, 2023–May 25, 2023

\$14 per week Tuesdays–Thursdays
\$25 registration fee due with application

The Quentin Road Instructors use a skill based program referencing the YMCA and the American Red Cross as guidelines for our swimming lessons.

Class size is limited to 4 to 1 for Preschool, and 6 to 1 for Kindergarten and up. We have a minimum of 2 Lifeguard Certified Instructors and an additional Lifeguard at poolside at each lesson. If their swim lesson is during their scheduled school day, they will be accompanied to and from the pool area.

No Lessons the week of March 27

30 minute lessons [plus 15 minutes before and after lesson to change & shower—no time to wash and dry hair]

Tuesdays and Wednesdays 1pm–3pm

Thursdays 1pm–4:15pm (3pm–4:15pm for Kind & Up only)

Children need to be potty trained.

Absentees are not eligible for refunds or make up lessons.

See www.qrcp.org for details on swimming lesson skills

Checklist:

- a separate swim bag, no plastic grocery bags
- a modest one piece bathing suit
- a towel
- a comb or brush
- long hair must be tied back
- goggles with your child's name on them
(not required, but recommended)
- swim shoes (not required, but recommended)



Register at qrcp.org

We do require a three week written notice for all schedule changes and cancellations.