**WINTER 2020 SWIM LESSONS**  
**AGES 6 MOS - 15 | JANUARY 5 - APRIL 8**

### GROUP LESSONS

**DATES**  
SUNDAYS 1/5 - 4/5  
WEDNESDAYS 1/8 - 4/8

**INFO**  
14 week long sessions. Each class has a minimum registration of 3 children per class. The class will close after 3 weeks if it does not reach this requirement and members will get reimbursed for the remaining sessions.

**PRICES**  
Members $550; Non-members $660  
Teen class is Members Only; $630

### SUNDAY

**Family Tot Class**  
**AGES 6 MOS - 2**  
| 10:30 AM - 11:00 AM

**Tadpole (Level 1)**  
**AGES 3 - 5**  
| 11:05 AM - 11:35 AM

**Advanced Teen**  
**AGES 11 - 15**  
| 11:45 AM - 12:30 PM

### WEDNESDAY

**Tadpole (Level 1)**  
**AGES 3 - 5**  
| 4:00 PM - 4:30 PM

**Sting Ray (Level 1)**  
**AGES 6 - 9**  
| 4:35 PM - 5:05 PM

**Otter (Level 2)**  
**AGES 6 - 9**  
| 5:10 PM - 5:40 PM

### PRIVATE LESSONS

**MEMBERS**

- 1 session: $65  
- 5 sessions: $290  
- 10 sessions: $550  
- 1 hour session: $120  
  *Only single sessions can be purchased at the moment.*

- 20 sessions: $1150  
  *6 month expiration*

**NON-MEMBERS:**

- 1 session: $80  
- 5 sessions: $360  
- 10 sessions: $710  
- 1 hour session: $145  
  *Only single sessions can be purchased at the moment.*

*Private swim lessons are 30 minutes, for all ages, and scheduled based on the instructors’ availability.*

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**Registration and More Information:**  
www.moisesafracenter.org/courses  
or contact lantonio@moisesafracenter.org | 646.481.0938
## WINTER 2020 SWIM LESSONS
**AGES 6 MOS - 15 | JANUARY 5 - APRIL 8**

### Family Tot Class
**AGES: 6 MOS - 2**
Family Tot class is an interactive class designed for children to gain confidence in and around the water. Emphasis is placed on learning through fun by using songs, games and colorful equipment. We introduce the following skills: floating, breath control, gentle submersions, survival skills and learning tips. Caregivers are required to participate in the water with your child during the class.

**Prices:**
- **Sunday** (14 Sessions, 30 minutes)  
  Member: $550; Non-Member: $660

### Sting Ray (Level 1)
**AGES: 6 - 9**
The is the first level class in the youth swim lesson program. It is for children to build confidence and learn basic water safety skills through fun and games. Graduates will be able to kick 25 yards on their front and back, jump in the water and recover safely, perform elementary backstroke, front crawl for 25 yards, tread water and swim underwater for 10 seconds or more.

**Prices:**
- **Wednesday** (14 Sessions, 30 minutes)  
  Member: $550; Non-Member: $660

### Otter (Level 2)
**AGES: 6 - 9**
This is the second level in the youth swim program. Children are introduced to all four competitive strokes – freestyle, back stroke, breaststroke and butterfly. In addition to proficiency in all Stingray skills graduates will be able to swim 15 yards freestyle with side breathing, backstroke, breaststroke and dolphin kick.

**Prices:**
- **Wednesday** (14 Sessions, 30 minutes)  
  Member: $550; Non-Member: $660

### Advanced Teen
**AGES: 11 - 15**
Join our advanced teen swim group for ages 11-15, whether you are looking to compete or just enjoy swimming at a high level. This class will practice all professional strokes, and will put an emphasis on breathing and strength techniques to improve all types of swimming.

**Prices:**
- **Sunday** (14 Sessions, 45 minutes)  
  Member Only: $630

### Tadpole (Level 1)
**AGES: 3 - 5**
Our intro class for children new to swimming or interested in building confidence in the water. Our goal is to build confidence, breath control and proper body position with instructor assistance. Graduates will be able to do 10 relaxed bobs, front float for 5 seconds, get into ready position, jump to the teacher from the wall and relax in assisted back float.

**Prices:**
- **Monday & Wednesday**  
  (14 Sessions, 30 minutes)  
  Member: $550; Non-Member: $660

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Please visit [www.moisesafracenter.org](http://www.moisesafracenter.org) for more details.