

2021 FALL SWIMMING LESSON INFORMATION

Level	Location	Time	Day	Link To Register
Little Swimmers	Valley	9:30 - 10 a.m.	Saturday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4192
Little Swimmers	Southwest	10:30 - 11 a.m.	Saturday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4196
Little Swimmers	Valley	10:30 - 11 a.m.	Saturday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4193
Little Swimmers	Valley	6:30 - 7 p.m.	Tuesday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4194
Little Swimmers	Valley	6-6:30 p.m.	Wednesday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4195
Seahorse (Pre-K)	Valley	9-9:30 a.m.	Saturday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4197
Seahorse (Pre-K)	Valley	9:30 - 10 a.m.	Saturday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4200
Seahorse (Pre-K)	Valley	10-10:30 a.m.	Saturday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4201
Seahorse (Pre-K)	Valley	10:30 - 11 a.m.	Saturday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4203
Seahorse (Pre-K)	Southwest	10:30 - 11 a.m.	Saturday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4256
Seahorse (Pre-K)	Southwest	11:30 a.m. - 12 p.m.	Saturday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4257
Seahorse (Pre-K)	Valley	6-6:30 p.m.	Tuesday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4256
Seahorse (Pre-K)	Valley	6:30-7 p.m.	Tuesday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4208
Seahorse (Pre-K)	Valley	7-7:30 p.m.	Tuesday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4209
Seahorse (Pre-K)	Valley	4-4:30 p.m.	Wednesday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4216
Seahorse (Pre-K)	Valley	4:30-5 p.m.	Wednesday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4211
Seahorse (Pre-K)	Valley	6-6:30 p.m.	Wednesday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4222
Seahorse (Pre-K)	Valley	6:30 - 7 p.m.	Wednesday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4223
Seahorse (Pre-K)	Valley	7-7:30 p.m.	Wednesday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4224
Seahorse (Pre-K)	Valley	6-6:30 p.m.	Thursday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4258
Seahorse (Pre-K)	Valley	6:30-7 p.m.	Thursday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4259
Goldfish (Level 1)	Valley	9-9:30 a.m.	Saturday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4202
Goldfish (Level 1)	Valley	10-10:30 a.m.	Saturday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4204
Goldfish (Level 1)	Valley	10:30-11 a.m.	Saturday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4206
Goldfish (Level 1)	Southwest	11-11:30 a.m.	Saturday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4198
Goldfish (Level 1)	Valley	11-11:30 a.m.	Saturday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4207
Goldfish (Level 1)	Southwest	11:30 a.m. - 12 p.m.	Saturday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4199
Goldfish (Level 1)	Valley	6-6:30 p.m.	Tuesday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4210
Goldfish (Level 1)	Valley	7-7:30 p.m.	Tuesday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4212
Goldfish (Level 1)	Valley	4-4:30 p.m.	Wednesday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4213
Goldfish (Level 1)	Valley	4:30 - 5 p.m.	Wednesday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4214
Goldfish (Level 1)	Valley	6-6:30 p.m.	Wednesday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4215
Goldfish (Level 1)	Valley	6:30-7:00 p.m.	Wednesday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4217
Goldfish (Level 1)	Valley	7-7:30 p.m.	Wednesday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4218

Goldfish (Level 1)	Valley	6-6:30 p.m.	Thursday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4220
Goldfish (Level 1)	Valley	6:30 - 7 p.m.	Thursday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4220
Bullfrog (Level 2)	Valley	9-9:30 a.m.	Saturday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4228
Bullfrog (Level 2)	Valley	10-10:30 a.m.	Saturday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4229
Bullfrog (Level 2)	Southwest	11-11:30 a.m.	Saturday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4227
Bullfrog (Level 2)	Valley	6-6:30 p.m.	Tuesday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4227
Bullfrog (Level 2)	Valley	4-4:30 p.m.	Wednesday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4231
Bullfrog (Level 2)	Valley	4:30 - 5 p.m.	Wednesday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4232
Bullfrog (Level 2)	Valley	6:30 - 7 p.m.	Wednesday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4233
Bullfrog (Level 2)	Valley	6:30 - 7 p.m.	Thursday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4234
Blue Whale (Level 3)	Valley	9:30-10:00 a.m.	Saturday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4237
Blue Whale (Level 3)	Southwest	10:30-11:00 a.m.	Saturday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4235
Blue Whale (Level 3)	Valley	11-11:30 a.m.	Saturday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4238
Blue Whale (Level 3)	Valley	6:30 - 7 p.m.	Tuesday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4238
Blue Whale (Level 3)	Valley	7-7:30 p.m.	Tuesday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4241
Blue Whale (Level 3)	Valley	4-4:30 p.m.	Wednesday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4242
Blue Whale (Level 3)	Valley	7-7:30 p.m.	Wednesday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4243
Blue Whale (Level 3)	Valley	6-6:30 p.m.	Thursday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4244
Starfish (Level 4)	Valley	10-10:30 a.m.	Saturday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4245
Starfish (Level 4)	Valley	7-7:30	Tuesday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4246
Starfish (Level 4)	Valley	7-7:30	Wednesday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4247
Lifeguarding Conditioning	Valley	11-11:45 a.m.	Saturday	https://syracuse.recdesk.com/Community/Program/Detail?programId=4248
Adult Lessons - beginner	Valley	7-7:30 p.m.	Thursdays	https://syracuse.recdesk.com/Community/Program/Detail?programId=4236
Adult Lessons - advanced	Valley	7-7:30 p.m.	Thursdays	https://syracuse.recdesk.com/Community/Program/Detail?programId=4239

Youth class level requirements are a combination of both minimum age and swimming ability:

Little Swimmer: 14 months to 3 years old; an adult is required in the water with the child.

Seahorse: 3-5 years of age; no swimming experience.

Goldfish: Minimum of 5 years old; no swimming experience.

Bullfrogs: Minimum 6 years old; able to float on front and back, kick 15 feet on front and back.

Blue Whales: Minimum 7 years old; able to swim 30 feet on front and back.

Starfish: Minimum 8 years old; able to swim 45 feet on front & back and perform the elementary backstroke.

Lifeguard Conditioning: Minimum 13 years old; must have passed blue whale

Adult Lessons: Minimum 16 years old