



Gillam Grant Community Center

NEWSLETTER FALL 2025

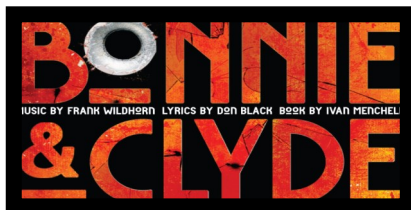
GILLAMGRANT.ORG

Day Trip to Vidler's 5 & 10 and Marilla Country Store Thursday, October 16th 9:30am-5:00pm



Start your Christmas shopping early on this trip to Vidler's 5 & 10 and the Marilla Country Store. Start your shopping at Vidler's in East Aurora, the largest "5&10" Variety Store in the World with over 75,000 items spread through 4 buildings on 2 floors. It is historic, nostalgic and just plain fun. Then lunch at Pasquale's Restaurant which has been serving Authentic Italian Cuisine for over 40 years. On our way home we will stop at the Marilla Country Store in Marilla, NY. New York's oldest country store offers unique gifts, rustic home décor, delicious food and candy and one of a kind handmade items. Fee: \$27M/\$32NM

Lunch is on your own. **Register by October 16th. Seats are limited.**



**Tuesday
September 30th**
Shuttle Departs Gillam
Grant for Auburn, NY at
10:00am.

Two small town kids from the middle of nowhere, craving recognition and escape, decided to "raise a little heck" and became two of the biggest American folk heroes. Fearless, shameless, and never afraid to get their hands dirty, BONNIE & CLYDE's true crime story of love and adventure counts down the moments until their fateful end. We will stop for lunch at Parker's Grill and Taphouse in Auburn (Lunch is on your own). After lunch we will continue on to the Merry Go Round Playhouse for a 2:00 show presented by the Rev Theatre Co. We will arrive home at approximately 6:30pm. Fee: \$118M/\$123NM includes theater ticket and transportation on the Gillam Grant Shuttle.

**The Gillam Grant Office will be
closed August 25th-September 1st.
The office will reopen at 9:00am
September 2nd.**

PRE-SCHOOL PROGRAM

Late Registration is available.

Early Pre-School (3-4 year olds)
Pre-School+ (4- 5 year olds)

The Gillam-Grant Pre-School is a non-profit educational program for 3 and 4 year old's. We offer both Early Pre-K for 3 year old's and Pre-School+ for 4 year old's. Our focus is to provide a quality program that gives each student a strong start in school & life. Our program grows as your child grows. The Pre-School+ class is challenged with more advanced learning opportunities & experiences, setting the students up for success in Kindergarten. Call 585-494-1621 for registration forms.

George Eastman Museum and Holiday Gingerbread House Exhibit

**Thursday, December 4th
9:15am-3:00pm**



Take a Docent guided tour through George Eastman's Mansion where you can see how this visionary entrepreneur and philanthropist lived for almost thirty years during the early twentieth century. After the mansion tour we will visit the Sweet Creations Gingerbread Display. Enjoy dozens of cleverly designed and deliciously decorated gingerbread houses, a visual and aromatic treat for visitors. For lunch we will stop at Pane Vino on the Avenue in Pittsford. **Please note: There is a considerable amount of walking and time spent standing while touring the museum.**

Fee: \$32M/\$37NM

Includes Museum Admission and shuttle transportation. Lunch is on your own.

Register by December 1st. Seats are limited.



Social Meals

Social Meals are home style lunches or dinners featuring a program or entertainment. The menu includes coffee, tea, water, or lemonade and dessert. Cost \$15M / \$20 NM

Monday, September 15th, 5:30pm

Chicken French, scalloped potatoes, vegetables & dessert

Entertainment: Pianist Debbie Sorenson**

Monday, October 20th, 5:30pm

Sauerbraten with cauliflower, German potato salad and German Chocolate Torte.

Entertainment: Christine Devalder-Side by Slide Trombone Entertainment**

Monday, November 17th, 5:30pm

Turkey breast w/gravy over a biscuit w/mashed potatoes, butternut squash and Pumpkin Pie.

Entertainment: Mid-Century Modern Jazz**

*"This project is made possible with funds from the Statewide Community Regrant Program, a regrant program of the New York State Council on the Arts with the support of the office of the Governor and the New York State Legislature and administered by GO ART!"

**This program made possible in part by a grant from the Genesee Senior Foundation Inc. with funds from the Rochester Area Community Foundation's Muriel H. Marshall Fund for the Aging in Genesee County.

LUNCH CLUB

Once a month go to a restaurant to enjoy lunch and socialize. Transportation leaves the Center at 11:30 am. Lunch is on your own. Fee: \$11M/\$13NM

Date	Location
Tues. Sept. 23	Jines, Rochester
Tues. Oct. 28	Cheesecake Factory, Pittsford
Tues. Nov. 18	Millhouse Family Restaurant, Brockport
Tues. Dec. 16	Back Porch 585 Tavern, Brockport

AARP SAFE DRIVING CLASS

Thursday, October 2nd 9:00am-3:30pm

Primary drivers can receive premium & point reduction off insurance. Bring current AARP card.

Bring a lunch, snack & drink. **Limited spots.**
\$35 AARP Members / \$40 Non-AARP Members
 Service fee included in cost.

Holiday Wreath Making**

Join crafter Sheila Woodrich for 2 fun and easy wreath making classes. We provide the supplies and instruction and you will go home with a wreath to display or give as a gift.

Fall Torn Fabric Wreath

Tuesday, October 7th

1:00pm-3:00pm

Fee: \$12 M/\$14 NM

Torn fabric wreath similar to picture.

Christmas Wreath

Tuesday, December 2nd

1:00pm-3:00pm

Fee: \$12M/\$14NM

Christmas wreath similar to picture.



Holiday Coffee and Craft for Seniors**

Thursday, Dec. 11th 10:00 am

Create unique Christmas ornaments and enjoy pastries and a warm drink while getting into the spirit with your friends at Gillam Grant.

All supplies included.

Fee: \$5M/\$7NM Register by December 2nd



Intermediate Ukulele Classes

Mondays 10:30am-11:15am

This is an intermediate level class and recommended for student's with Ukulele experience. Music is provided by instructor. 6 classes per session. Instructor: Dan DeLuca

Session/Dates	Day	Time	Fee M/NM
Sept. 15-Oct. 27	Monday	10:30-11:15 am	\$45/\$55
Nov. 3-Dec. 15	Monday	10:30-11:15 am	\$45/\$55

Beginner Ukulele Classes

Mondays 9:30am-10:15am

This is a great opportunity to learn ukulele skills, play songs, and enjoy the music-making process. With a little bit of effort, anyone can learn to play the ukulele. Ukuleles and music are provided for every class. Instructor: Dan DeLuca Register early as class size is limited. 6 Classes per session.

Session/Dates	Day	Time	Fee M/NM
Sept. 15-Oct. 27	Monday	9:30-10:15 am	\$45/\$55
Nov. 3-Dec. 15	Monday	9:30-10:15 am	\$45/\$55

*go art!

2026 Motorcoach Tours

Savannah

Jekyll Island & Beaufort

**Registration Open for 2nd Bus
April 26-May 2, 2026
7 Days-6 Nights**

This tour includes:

- ♦ Guided Trolley Tour of Savannah, followed by Hop-On/Hop-Off Privileges
- ♦ Guided Tour of Gorgeous Beaufort, SC. "Queen of the Carolina Sea Islands"
- ♦ Visit to Parris Island
- ♦ Evening Show at Famous Savannah Theatre
- ♦ Guided Tour of St. Simons Island
- ♦ Guided Tram Tour of Jekyll Island
- ♦ 10 meals: 6 breakfasts and 4 dinners
- ♦ 6 Nights Lodging
- ♦ Motorcoach Transportation

A \$100 non-refundable deposit is required to hold your seat on this exciting trip.

\$999* pp/double occupancy.

*Add \$60 for non-members.

Call Amy to reserve your seat on the bus today!



**Memphis-Home of Elvis and the Blues
September 20-26, 2026
7 Days-6 Nights**



This tour includes:

- ♦ Admission to Graceland Home of Elvis Presley, including Airplanes & Car Museum
- ♦ Guided Tour of Memphis
- ♦ Free Time on Beale Street in Memphis
- ♦ Admission to Sun Studio, one of Memphis' Top Rated Attractions
- ♦ Admission to Memphis Rock 'n Soul Museum
- ♦ Gaming at Memphis Area Casino
- ♦ 10 meals: 6 breakfasts and 4 dinners
- ♦ 6 Nights Lodging
- ♦ Motorcoach Transportation

A \$100 non-refundable deposit is required to hold your seat on this exciting trip.

\$1030* pp/double occupancy.

*Add \$60 for non-members.

Call Amy to reserve your seat on the bus today!



**Spend a day at
Braddock Bay!
Thursday**

September 18th 9:30am

Take a trip to Braddock Bay on the Lake Ontario Shoreline. Our day will include a visit to the Braddock Bay Bird Observatory where we will accompany trained volunteers to the nets to see how they safely catch birds, and then watch the banding process. Experienced banders will identify, band, age, measure, and release each bird. We will enjoy lunch at the Braddock Bay Tavern & Grill and stop for a sweet treat at Abbott's Ice Cream. **Lunch and Ice Cream is on your own.**

Trip fee includes shuttle transportation and donation to observatory. Some walking involved, ask Amy for more information.

Fee: \$26 M/ \$31 NM

Register by September 11th.

Space is limited.



Del Lago Casino Outings

Thurs. September 11th

Thurs. November 13th



Grab some friends for a fun day at Del Lago Casino. Shuttle transportation leaves the Center at 9:30am. Enjoy some playing time and lunch on your own.

Limited seating.

Shuttle departs casino at 3:00pm.

Fee: \$20M / \$25NM

VOLUNTEERS NEEDED

In search of high school students in need of volunteer hours. Gillam Grant has several opportunities for students to volunteer throughout the year.

If interested contact Amy at
585-494-1621 or amy@gillamgrant.org

Program Registration Policy Registration and payment with GGCC is required one week prior to the program, unless otherwise indicated. GGCC reserves the right to cancel programs for any reason including lack of participation. Gillam-Grant adheres to a no-refund policy unless otherwise indicated specific to a program. Gillam-Grant reserves the right to charge a \$40 returned check fee.

**Advanced Cookie
Decorating with Tracy
from Thee Byron
Bakehouse
Monday, December 8th
6:00pm-7:30pm**



Just in time for Christmas! In this adults only class we will learn how to make, color and bag icing; a few wet on wet techniques; pressure piping, flooding and embellishments. Please bring your favorite drink to enjoy with dinner. Pizza will be provided by Cordello's. Let's learn the basics of royal icing decorating to make some holiday cookies that will dazzle.
Fee: \$40M/\$45NM Register by December 1st.

**Adult Make and Take
Turkey Doormat**



Monday, November 3rd 6:30pm
Spruce up your front porch with this "make and take" doormat project for adults. We provide the blank doormat, stencils and paint and the instructor will give you step by step instructions to create this super cute turkey doormat.
Register by October 30th.

Fee: \$26M / \$31NM

**POUR PAINTING
Friday, September 26th
6:00pm - 9:00pm**



Pour Painting has become super popular. When acrylic paints along with a pouring medium are used, amazing paintings can be the result! Pouring results in a smooth, glossy paint film that is perfectly even and blemish free. It is particularly popular with beginners as it allows artists to create paintings with dramatic, contemporary results. This class will focus on a 16x16 round canvas with a flip cup or puddle pour with blow technique. Grab your friends for a FUN night out. Bring your own snacks and beverages. Adult Class. Registration due one week prior to class.



Fee: \$38M / \$43NM

**go art!*

**Wood and Acrylic
Suncatcher's Class
Saturday, October 18th
9:30am**



Learn to make a one of a kind suncatcher with Kim from the Bustling Brush. Suncatchers are made from laser cut wood and UV painted acrylic. You will paint the wood and attach the acrylic to the back of the wood creating a stunning, vibrant suncatcher for your window. Choose from the Autumn Pumpkin or the Billie Football. Adult program.
All supplies included.
Fee: \$36M / \$41NM
Register by October 11th.



**Sourdough Classes with
Brienne Lynk of
Six Acre Sourdough**



**Sourdough 101
Monday, Sept. 22nd
6:00pm-8:00pm**



This is a beginner friendly hands on class. Learn how to take care of your starter and sourdough. Mix up your own sourdough and bake it at home. Class includes a proofing basket, cheesecloth, spatula, jar with starter, your dough to bake at home and an informational booklet with recipe and other Sourdough 101 information.

Fee: \$60M/\$65NM

Register by Sept. 15th

**DIY Sourdough Focaccia
Decorating
Monday, October 6th
6:00pm-8:00pm**



Get creative with your focaccia bread toppings. Design your own edible masterpiece with fresh toppings and sourdough focaccia dough! Class includes an 8x8 pan of focaccia dough, toppings to create and decorate your focaccia, instructions on how to bake your creation at home and an informational booklet with recipe.

Fee: \$55M/\$60NM

Register by September 29th

Holiday Resin and Crushed Glass Classes **goArt!*

Learn how to use crushed glass and resin on canvas or glass. The instructor will walk you through each step from creating your design using crushed glass, jewelry, chains and other small baubles to mixing the resin to pour over your design to hold it all together. All supplies are provided, however, you are welcome to bring along small pieces of jewelry, pendants or chains to personalize your design.

Fall Resin and Glass

Saturday, October 4th 11:00am
Create a resin and glass pumpkin on glass with weathered frame.

Registration due one week prior to class.

Fee: \$36M / \$41NM

Christmas Resin and Glass

Saturday, November 22nd 11:00am
Create 2 resin and glass Christmas Trees on canvas. Registration due one week prior to class.

Fee: \$36M / \$41NM



Fall Family Laser Cut Wood Crafting

Saturday, November 15th
9:30am-11:00am

Join Kim Palmer for a fun laser cut wood craft for the family. Adult and child will work together to create these cute Turkey Gnomes made from laser cut wood. All supplies are included.

Fee for 1 adult & 1 child:

\$40M/\$45NM

Each additional child \$6

Appropriate for children

ages 5 & up.

Register by November 11th



MUSIC LESSONS

Piano - Guitar - Harp

Half hour lessons are offered on Mondays or Thursdays. Instructed by Deborah Sorenson. Please call Amy for availability. Cost is \$25M/\$27 NM per person, per lesson. Sibling discount available.



Beginner Cookie Decorating with Tracy

Saturday, December 6th

9:30am-10:30am

Students Grades 3 and Up
Adults Welcome, Too!

Join Tracy from Thee Byron Bakehouse for this beginner friendly class. She will teach several techniques including flooding, outlining, and stamping. You will leave with beautifully decorated, great tasting cookies to share (or keep for yourself). Great class for both kids and adults! All supplies are

included. Register by Dec. 1st

Fee: \$25M/\$30NM

Paint With Lorie

Folk Art Village

Tuesday, October 21st

Grades 3-8 3:30-5:00 pm



Let's go on a magical adventure creating a folk art village with whimsical trees and magical buildings. Join Local Artist Lorie Longhany who walks the students through each step to create this whimsical piece of art.

Register by October 16th

Fee: \$21M/\$26NM

**goArt!*

Kids Pour Painting Class

Wednesday, October 1st

3:30pm-5:00pm - Grades 2-6

Pour Painting is so much FUN! Pour painting is a fun creative painting method that gives you an amazing and different art piece each time you create. We will be pouring over a ceramic pumpkin to make beautiful fall art in this class. This abstract art is for all skill levels! Register by September 26.

Fee: \$22M/\$27NM

**goArt!*

TUTORING

Tutoring is available throughout the year to help your student when classes get tough. Open 2:30 pm to 8:00 pm Monday thru Friday, by appointment only. Call Amy at 494-1621 to register and schedule sessions.



Out of This World Date Night Drop Off

Friday, October 17th
6:00pm-8:30pm Grades K-6

Parents take the night off and send the kids to Gillam Grant for some "Out of This World" fun. This Galaxy Themed evening will include glow in the dark slime, galaxy crafts, and of course out of this world games. Pizza Dinner and Dessert included.

Register by Oct. 13th

\$35 per child

\$5 discount for each additional child.



Cupcake Decorating Challenge

Spooky, Scary, Fun
Wednesday, October 29th
Grades 2-6 3:30-5:00 PM

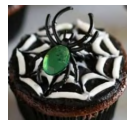


Let's have some cupcake decorating FUN! Join in a fun spirited cupcake decorating challenge. Create mummies, spider webs, pumpkins and ghosts. Learn or perfect techniques for piping, spreading, smoothing, and more.

Register by October 22nd.

Class fills quickly!

Fee: \$25M/\$30NM



LEGO BUILDING CLUB

Sr. Lego Club Grades 3 - 6

Jr. Lego Club Grades K - 2



Build a Lego creation using our blocks. Kids are challenged with a themed project each session. While applying creativity and engineering skills, participants have fun mastering their project.

Cost: \$13M/\$16NM

Theme	Sr. Lego	Jr. Lego	Time
Free Build	Sept. 10	Sept. 24	3:30-5:00pm
Space Rover	Oct. 8	Oct. 22	3:30-5:00pm
Let's Eat!	Nov. 12	Nov. 19	3:30-5:00pm
Christmas Theme	Dec. 3	Dec. 10	3:30-5:00pm

KIDS CRAFT TIME

Does your child love to craft or be creative? Sign them up for one of the craft days below, right after school! Classes run 3:30 pm - 5:00 pm. Transportation from school is available. All supplies included.

Date	Project	Cost M/NM
Wednesday Sept. 17	Fall Trees	\$17/\$22
Wednesday Oct. 15	Terra Cotta Pot Scarecrow	\$17/\$22
Thursday Nov. 20	Wood Slice Turkeys	\$17/\$22
Thursday Dec. 11	Mason Jar Lid Ornaments	\$17/\$22



FIRST Lego League Robotics Team 2025-2026

**Join the Archaeology-
Inspired Robotics Season
UNEARTHED**

What is FIRST Lego League? It's a competitive team sport! It's designing, building, and programming robots! It's researching solutions to real world problems! It's making friends and learning teamwork. During the 2025-2026 archaeology inspired robotics season, *FIRST* AgeSM presented by Qualcomm, students will use their STEM skills and creativity together to uncover the past to discover the future. What will you uncover during this **UNEARTHED** season?

Teams are open to students in grades 4-8 during the 2025-2026 school year.

Teams practice one evening per week and some Saturdays leading up to the Tournament in January.

Fee: \$105 M/\$130 NM



STORY TIME Returns on Sept. 24th

Wednesday Mornings 10:30 a.m.

Each week join Marilyn Pocock for story hour in the Community Room! Children will enjoy entertaining stories, activities, and a snack! Appropriate for children ages 2+ with a parent/caregiver. Storytime follows the BBCSD School Calendar. No registration necessary.



VINYASA “FLOW” YOGA

7-Week Sessions

This gentle vinyasa practice focuses on the breath. Class begins with meditation then moves into a 40 minute, soft flow vinyasa practice which consists of flowing movement in coordination with the breath. You will finish in savasana and reflect on the practice. Vinyasa yoga is great for beginners. Participants bring a yoga mat and water and may bring any props that will help them deepen their practice.



Session/Dates	Day	Time	Fee M/NM
Fall Session 1: 9/10/25-10/22/25	Wednesday Evening	6:00pm - 7:00pm	\$52/\$63
Fall Session 2: 10/29/25-12/17/25	Wednesday Evening	6:00pm - 7:00pm	\$52/\$63

Chair Yoga

7-Week Sessions

Wednesday mornings join Tammy Reding, Certified Yoga Instructor. Chair yoga brings all the physical and mental benefits of traditional yoga without having to get on the floor. You will twist and bend in the chairs while breathing mindfully. You will leave feeling stretched and relaxed.



Session/Dates	Day	Time	Fee M/NM
Fall Session 1: 9/10/25-10/22/25	Wednesday Morning	9:30am-10:30am	\$52/\$63
Fall Session 2: 10/29/25-12/17/25	Wednesday Morning	9:30am-10:30am	\$52/\$63

HIIT Cycling (High Intensity Interval Training)

7-Week Sessions

Bursts of effort integrated with free weight segments and followed by recovery, these rides challenge the mind and strengthen your body inside and out. Expect a new class and a new playlist every time!



Session/Dates	Day	Time	Fee M/NM
Fall Session 1: 9/9/25-10/21/25	Tuesday	6:00pm - 6:45pm	\$52/\$63
Fall Session 1: 9/11/25-10/23/25	Thursday	6:00pm - 6:45pm	\$52/\$63
Fall Session 2: 10/28/25-12/16/25	Tuesday	6:00pm - 6:45pm	\$52/\$63
Fall Session 2: 10/30/25-12/18/25	Thursday	6:00pm - 6:45pm	\$52/\$63

WALK-IN FITNESS
WALK-INS AVAILABLE ONCE MINIMUMS ARE MET
\$10M/\$12NM PER CLASS

TAI CHI QUAN

7-Week Sessions

Tai Chi Quan is an ancient Chinese form of exercise designed to maintain and improve flexibility, strength, and balance. It is also known to improve mental relaxation and alertness.



Session/Dates	Day	Time	Fee M/NM
Fall Session 1: 9/9/25-10/21/25	Tuesday Morning	9:30am-10:30am	\$52/\$63
Fall Session 2: 10/28/25-12/16/25	Tuesday Morning	9:30am-10:30am	\$52/\$63

MARTIAL ARTS PROGRAM

Saturdays - 10 Week Session

Karate, a martial art, promotes physical fitness and gives improved coordination, builds confidence and self esteem. Karate promotes discipline and mental focus and is a fun activity for the whole family. Open to all ages 5 through adults. Held at Byron-Bergen Elementary Gym. Instructed by Hanshi Cyndy Jones.

Spring Session Dates: Sept. 13, 20, 27, Oct. 4, 18, 25, Nov. 1, 8, 15, 22 (no class October 11)

Late Registrations accepted.

Class Name	Time	Fee M/NM
Beginner 5 & 6	11:00am - 11:50am	\$65/\$75
White/Yellow/Orange/Jr. Green	11:00am - 11:50am	\$65/\$75
Green/Brown/Blue	11:00am - 11:50am	\$65/\$75
Black Belts	10:00am - 10:50am	\$65/\$75

The classes below are complete programs independent of Karate. Karate experience is not required to participate in these programs.

Kali (stick)—uses many different weapons, most notably bamboo sticks. Ages 12 and Up	9:00am - 9:50am	\$65/\$75
Iaido (sword)—It is taught with a bokken (wooden sword) at the beginner level and a Katana (specially made Iaido sword) for more advanced students. Ages 10 and up	12:00pm - 12:50pm	\$65/\$75
JKD/Kung Fu—features kicking, punching, trapping, grappling, flow sparring, and is based on principles made popular by Bruce Lee. Ages 7 and up	8:00am - 8:50am	\$65/\$75

Byron-Bergen Sting Soccer 2025-2026 Season

The Byron-Bergen Sting Travel Soccer Club has announced registration for the 2025-2026 travel season. The Byron-Bergen Sting Soccer Club provides an opportunity for Boys and Girls from the ages of 8 to 17 to play competitive travel soccer with an emphasis on player development. Our club is affiliated with the Rochester District Youth Soccer League (RDYSL) and New York State West Youth Soccer Association (NYSWYSA). The travel club is open to all members of the community. Try-out dates, if necessary, will be announced by coaches.

Registration is available online at gillamgrant.org.

Player Fee: \$250 by September 30th. \$50 late fee.

Uniform cost is separate.

6966 West Bergen Rd.
Bergen, NY 14416

Non-Profit Organization
U.S. Postage Paid
Permit #17
Brockport, NY 14420

BOXHOLDER

BEFORE & AFTER SCHOOL PROGRAM REGISTRATION IS OPEN FOR THE 2025-26 SCHOOL YEAR

The Kid Zone program runs weekdays from 6:30-8:45am and 2:30-6:00pm. The program is coordinated to offer children in Pre-Kindergarten through 6th grade an environment of social, recreational, and instructional opportunity. Kids stay busy through a variety of child-directed activities in a safe and secure environment.

Students have the opportunity to:

- ® Create new things in our Makerspace area.
- ® Discover new books in the book corner.
- ® Enjoy STEM projects.
- ® Explore technology with the computer lab and smartboard.
- ® Enjoy time on the outdoor playground.
- ® Relax playing board or Wii games.



Bussing to and from school is provided by BBCS. Parent handbooks and registration forms available at gillamgrant.org.

SWIMMING LESSONS—7 Week Session~Thursdays September 18, 25, October 2, 9, 23, 20, November 6 (no lessons October 16th) Fee: \$80 M/ \$90 NM Register by September 11th

**Class size is limited, register early. First come, first serve basis for preferred times.
Our Swim Lesson Coordinator is Sara Stockwell.**

LESSON LEVELS: The teaching staff will be evaluating the skills of children during the first class and re-classify them if necessary. Re-classification may make it necessary for your child to move to a different session time. The coordinator, Ms. Stockwell can discuss options with you at this point.

SWIM BASICS 1:

Recommended for ages 3-5 years old

Class Time: 6:00pm-6:30pm

- This level introduces children to the water with the parent.
- Enter and exit the water independently.
- Submerge face and blow bubbles.
- Walk in water and maintain balance. Bounce/ bob in chest deep water.
- Float with support. Kick with support (kick board). Practice basic alternating arm action.

SWIM BASICS 2:

Recommended for ages 6-10 years old

Class Times: 6:40pm-7:10pm & 7:20pm-7:50pm

- Children are familiar with the water and now need to develop skills.
- Hold breath and fully submerge for more than 5 seconds
- Submerge to retrieve objects in chest deep water.
- Explore deep water with floatation support.
- Perform flutter kick on front and back (support optional) and perform back crawl arm action.
- Turn over from front to back and back to front and float on back while finning with hands.
- Perform combined (kick & arms) stroke front, 5 yards and stroke back, 5 yards
- Jump into deep end water with floatation support.