



# LEARN TO SWIM

## A Guide to Cy-Fair Area Swim Lessons

Written by Alice Hicks  
Photography by Lisa Mangos

Kenna likes taking swim lessons

One thing never changes: when Mother Nature turns up the heat outside, many Cy-Fair families head for the nearest pool. Before taking a dip, most parents want their kids to learn some swimming basics. Fortunately, the Cy-Fair area offers several options for your children to discover the joys of swimming.

### FLEET (CY-FAIR SWIM CLUB)

14654 Spring Cypress Rd., Cypress  
281-376-2372

Parent-child classes are offered for ages 6 months-2 years at a cost of \$85 for five once-weekly classes. All parent-child classes are taught with a maximum of eight infant-parent pairs to one instructor.

Beginner courses (for age 2 and up) also last five weeks and are held in either semi-private (two students: one instructor) or private (one-on-one) classes. Beginners are grouped into three levels: kids who are very afraid--probably won't put face in water at first; kids who are not afraid, but have no previous swim experience, and kids with no swim skills, but are ready to jump in the water and go under. Semi-private lessons at this level offered once a week are \$117.50 and private lessons are \$200.

### THE MET FAMILY LIFE CENTER

11403 Regency Green Drive, Houston  
281-890-7788

Group classes consist of 4 to 8 students per class. Each class is eight, 30 minute lessons Tuesday through Friday. The cost is \$50 per child for the entire eight weeks. There are a variety of swimming levels offered. The Beginner class is designed for the child who is not familiar with the water and/or has never had swimming lessons. Level 1 (2 and 3 year olds), Level 2 (4 through 7 year olds), Level 3 (8 years and older). The Advanced Beginner class is designed for the child who can maneuver in and under the water but needs stroke work. Level 1 (3 through 6 years), Level 2 (7 years and older). The Intermediate class is designed for the child who has had swim lessons or can swim on front and back but has not learned the competitive strokes. And the Swimmer classes are designed for the child who has had lessons and has learned all the competitive strokes, but needs technique work on starts and turns.



Ben and Jack like to practice freestyle with their instructor Heather

Water Baby is for ages 3 months to 2 years and the parent participates with the swimmer. This class is offered Tuesday & Thursday for 4 lessons at a cost of \$25.00.

**TEAM YES**

7710-T Cherry Park Drive  
 PMB 406, Houston  
 281-443-4002

Practices take place at the following Cy-Fair ISD schools: Watkins Middle School, Cy-Falls High School and Cy-Springs High School.



Kids jump into swim lessons at Fleet

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Zachary

**YMCA – LANGHAM CREEK**  
 16725 Longenbaugh, Houston  
 281-859-6143

**YMCA – CYPRESS CREEK**  
 19915 S. Hwy. 249, Houston  
 281-469-1481

Parent-child lessons are divided into age groups: Skips, for children ages 6-30 months, and Parent & Pikes, for kids ages 2½-4 years. Children in these classes learn to adjust to the water and learn basic water skills. In addition, Parent & Pikes learn stroke and kicking skills, and are taught floating and pool safety.

Courses for children ages 3-5 include Pikes (beginner), for kids with no previous experience who are ready to swim without a trusted adult; Eels (advanced beginner), for children who are comfortable in the water and are able to swim 10 yards front and back with a flotation device, and Rays (advanced) for kids who are comfortable with their faces in the water and are able to swim 25 yards front and back with assistance.

All classes above last 30 minutes each. Weekday lessons are held Monday-Thursday for two-week sessions. Classes are \$50 per month for facility members and \$75 per month for program-only members. Weekend lessons are taught on Saturday mornings for sessions of six weeks. The cost for these courses is \$36 for facility members and \$54 for program members. **CFM**

*ALICE HICKS is a freelance writer, PR consultant, wife, and mother of two. Her four-year-old son is about to start his first swim lessons.*



Keely and Keira

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