

3 and

Teen/ Adult

NOVEMBER SWIM LESSONS

Upcoming Session Dates:

Members Priority opens: Oct. 16 Participants Opens: Oct. 21

Mon/Wed: Oct. 28-Nov. 20 8 classes \$93/\$188

Tues/Thurs: Oct. 29-Nov. 26 8 classes \$93/\$188 *NO CLASS OCT. 31-HALLOWEEN*
Sat: Nov. 2-Dec. 14: 6 classes \$93/\$188 *NO CLASS NOV. 30 -THANKSGIVING WEEKEND*

Clinic Session 1: Nov. 2-23 4 classes \$45/\$94

| | | Mon & Wed | Tues & Thurs | Saturday |
|--------|---|---|--|--|
| | PARENT/CHILD (6mo-3yrs) Water Discovery & Exploration | 5:15-5:45pm | | 9:45-10:15am 10:15-10:45am |
| Stages | Preschool Ages 3-5yrs. | Mon & Wed | Tues & Thurs | Saturday |
| | 1 Water Acclimation 2 Water Movement | 4:00-4:30pm 5:15-5:45pm 6:25-6:55pm | 4:00-4:30pm 4:40-5:10pm 5:00-5:30pm 5:50p-6:20m | 9:45-10:15am 11:00-11:30am 11:30-12:00pm |
| | 3 Water Stamina (Must swim independently) 4 Stroke Introduction | 5:15-5:45pm 5:45-6:15pm | 4:30-5:00 5:50-6:20pm | 9:15-9:45am |
| | Youth Ages 6-12 yrs. | Mon & Wed | Tues & Thurs | Saturday |
| Stages | 1 Water Acclimation 2 Water Movement | 4:30-5:10pm 6:25-7:05pm | 4:00-4:40pm 6:20-7:00pm | 9:00-9:40am 11:30-12:10pm |
| | 3 Water Stamina 4 Stroke Introduction | 4:30-5:10pm 5:45-6:25pm | 5:10-5:50pm 6:20-7:00pm | 10:15-10:55am 10:50-11:30am |
| | 5 Stroke Development 6 Stroke Mechanics | 5:00-5:30pm 5:45-6:25pm | 5:10-5:50pm | 10:15-10:55am |
| | Stroke Clinic (6yrs. & Up) 4 week sessions | | | 12:00-12:45pm |
| (dn | Ages 13 & Up | Mon & Wed | Tues & Thurs | Saturday |

11:00-11:40am

6:15-6:55pm

9:00-9:40am 11:30-12:10pm