



# 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 \$70/\$141 \*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

Stages	Youth Ages 6–12 yrs.	Mon & Wed	Tues & Thurs	Saturday
	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
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ADULT (13 and up)	Ages 13 & Up	Mon & Wed	Tues & Thurs	Saturday
	Teen/ Adult	11:00–11:40am 6:15–6:55pm		