



# JANUARY SWIM LESSONS

## Upcoming Session Dates:

**Members Priority opens: Dec. 11      Participants Opens: Dec. 16**

**Mon/Wed: Jan.6-29      8 classes \$103/\$198**

**Tues/Thurs: Jan. 7-30      8 classes \$103/\$198**

**Sat: Jan.4-Feb. 22      8 classes \$103/\$198**

**Clinic Session 1: Jan. 4—25      4 classes \$50/\$99**

		<b>Mon &amp; Wed</b>	<b>Tues &amp; Thurs</b>	<b>Saturday</b>
	<b>PARENT/CHILD (6mo-3yrs)</b> Water Discovery & Exploration	10:30-11:00am 5:15-5:45pm		9:45-10:15am 10:15-10:45am

Stages	<b>Preschool Ages 3-5yrs.</b>	<b>Mon &amp; Wed</b>	<b>Tues &amp; Thurs</b>	<b>Saturday</b>
	1 Water Acclimation 2 Water Movement	4:00-4:30pm 5:15-5:45pm 6:25-6:55pm	4:00-4:30pm 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	<b>Youth Ages 6-12 yrs.</b>	<b>Mon &amp; Wed</b>	<b>Tues &amp; Thurs</b>	<b>Saturday</b>
	1 Water Acclimation 2 Water Movement	4:30-5:10pm 6:25-7:05pm	4:30-5:10pm 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	5:45-6:25pm 6:15-6:55pm	5:10-5:50pm	10:15-10:55am

	<b>Stroke Clinic ( 6yrs. &amp; Up)</b> 4 week sessions			12:00-12:45pm
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ADULT (13 and up)	<b>Ages 13 &amp; Up</b>	<b>Mon &amp; Wed</b>	<b>Tues &amp; Thurs</b>	<b>Saturday</b>
	Teen/ Adult	11:00-11:40am		9:00-9:40am 11:30-12:10pm