



# JULY SWIM LESSONS

## Session Dates:

**Members Priority opens: June 16 Participants Opens: June 20**

**Mon/Wed: June 30– July23 8 classes \$105/NM \$200**

**Tues/Thurs: July 1–24 8 classes \$105/NM\$200**

**Saturday: June 28– Aug. 16 8 classes \$105/NM\$200**

**5 classes only: Saturday: June 28– July26 \$66/NM\$125**

PARENT/CHILD	Ages 6mo–3yrs.	Mon & Wed	Tues & Thurs	Saturday
	Water Discovery & Exploration	5:15–5:45pm		9:45–10:15am

	Preschool Ages 3–5yrs.	Mon & Wed	Tues & Thurs	Saturday
Stages	1 Water Acclimation 2 Water Movement	4:00–4:30pm 5:15–5:45pm 6:25–6:55pm	4:00–4:30pm 4:35–5:05pm 5:50–6:20pm	9:15–9:45am (5 classes) 9:45–10:15am 9:45–10:15am (5 classes) 11:00–11:30 11:00–11:30 (5 classes)
	3 Water Stamina (Must swim independently) 4 Stroke Introduction	5:15–5:45pm	5:50–6:20pm	11:00–11:30am

	Youth Ages 6–12 yrs.	Mon & Wed	Tues & Thurs	Saturday
Stages	1 Water Acclimation 2 Water Movement	4:30–5:10pm 5:45–6:25pm 6:25–7:05pm	4:30–5:10pm 5:10–5:50pm 6:20–7:00pm	9:00–9:40am 10:15–10:55am (5 classes) 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 11:30–12:10pm (5 classes)
	5 Stroke Development 6 Stroke Mechanics	5:45–6:25pm	5:10–5:50pm	10:15–10:55am

	Ages 13 & Up	Mon & Wed	Tues & Thurs	
	Teen/Adults	6:25–6:55pm	6:20–7:00pm 7:00–7:40pm	9:00–9:40am