



AUGUST SWIM LESSONS

Session Dates:

Members Priority opens: July 16 Participants Opens: July 21

Mon/Wed: July 28-Aug. 20 8 classes \$105/NM \$200

Tues/Thurs: July 29-Aug. 21 8 classes \$105/NM\$200

PARENT/CHILD	Ages 6mo-3yrs.	Mon & Wed	Tues & Thurs	Saturday
	Water Discovery & Exploration	5:15-5:45pm	5:50-6:20pm	

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 4:35-5:05pm 5:50-6:20pm	
	3 Water Stamina (Must swim independently) 4 Stroke Introduction	5:15-5:45pm	5:50-6:20pm	

Stages	Youth Ages 6–12 yrs.	Mon & Wed	Tues & Thurs	Saturday
	1 Water Acclimation 2 Water Movement	4:30–5:10pm 5:45–6:25pm	4:30–5:10pm 5:10–5:50pm 6:20–7:00pm	
	3 Water Stamina 4 Stroke Introduction	4:30–5:10pm 5:45–6:25pm	5:10–5:50pm 6:20–7:00pm	
	5 Stroke Development 6 Stroke Mechanics	5:45–6:25pm	5:10–5:50pm	

	Ages 13 & Up	Mon & Wed	Tues & Thurs	
	Teen/Adults	6:25-7:05pm	6:20-7:00 7:00-7:40pm	