



# SEPTEMBER SWIM LESSONS

## Session Dates:

**Members Priority opens: Aug. 13    Participants Opens: Aug. 18**  
**Mon/Wed: Sept 3-24-NO CLASS Labor Day    7 classes \$92/NM \$176**  
**Tues/Thurs: Sept. 2-25    8 classes \$106/NM\$201**  
**Saturday: Sept. 6-Oct.25    8 classes \$106/NM\$201**

PARENT/CHILD	Ages 6mo-3yrs.	Mon & Wed	Tues & Thurs	Saturday
	Water Discovery & Exploration	10:30-11:00am 5:15-5:45pm	5:50-6:20pm	9:45-10:15am

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	9:15-9:45am 9:45-10:15am 11:00-11:30
	3 Water Stamina (Must swim independently) 4 Stroke Introduction		5:50-6:20pm	9:45-10:15am

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 6:25-7:05pm	4:30-5:10pm 5:10-5:50pm 6:20-7:00pm	9:00-9:40am 10:15-10:55am 11:30-12:10pm
	3 Water Stamina 4 Stroke Introduction	4:30-5:10pm	5:10-5:50pm 6:20-7:00pm	10:15-10:55am 11:30-12:10pm
	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	11:00-11:40am	6:20-7:00pm 7:00-7:40pm	9:00-9:40am 11:30am-12:10pm