



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 |