



# OCTOBER SWIM LESSONS

## Session Dates:

**Members Priority opens: Sept.17 Participants Opens: Sept.22**

**Mon/Wed: Sept.29-Oct.22 8 classes \$106/NM \$201**

**Tues/Thurs: Sept. 30-Oct.23 8 classes \$106/NM\$201**

**\*Saturday classes available again in November\***

PARENT/CHILD	Ages 6mo-3yrs.	Mon & Wed	Tues & Thurs	Saturday
	Water Discovery & Exploration	11:00-11:30am 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		4:00-4:30pm 5:15-5:45pm	4:00-4:30pm 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 6:25-7:05pm	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	