



# DECEMBER SWIM LESSONS

## Session Dates:

**Members Priority opens: Nov. 12 Participants Opens: Nov. 17**

**Mon/Wed: Dec. 1-17 6 classes \$80/NM \$151**

**Tues/Thurs: Dec. 2- 18 6 classes \$80/NM\$151**

| PARENT/CHILD | Ages 6mo-3yrs.                | Mon & Wed     | Tues & Thurs |  |
|--------------|-------------------------------|---------------|--------------|--|
|              | Water Discovery & Exploration | 11:00-11:30am | 4:30-5:10pm  |  |

| Stages | Preschool Ages 3-5yrs.                                                | Mon & Wed                                 | Tues & Thurs                              |  |
|--------|-----------------------------------------------------------------------|-------------------------------------------|-------------------------------------------|--|
|        | 1 Water Acclimation<br>2 Water Movement                               | 4:00-4:30pm<br>5:15-5:45pm<br>6:25-6:55pm | 4:00-4:30pm<br>4:35-5:05pm<br>5:50-6:20pm |  |
|        | 3 Water Stamina<br>(Must swim independently)<br>4 Stroke Introduction | 4:00-4:30pm<br>5:15-5:45pm                | 4:00-4:30pm<br>5:50-6:20pm                |  |

| Stages | Youth Ages 6-12 yrs.                       | Mon & Wed                                 | Tues & Thurs                              |  |
|--------|--------------------------------------------|-------------------------------------------|-------------------------------------------|--|
|        | 1 Water Acclimation<br>2 Water Movement    | 4:30-5:10pm<br>5:45-6:25pm<br>6:25-7:05pm | 5:10-5:50pm<br>5:50-6:30pm<br>6:20-7:00pm |  |
|        | 3 Water Stamina<br>4 Stroke Introduction   | 4:30-5:10pm                               | 5:10-5:50pm<br>6:20-7:00pm                |  |
|        | 5 Stroke Development<br>6 Stroke Mechanics | 5:45-6:25pm                               | 5:10-5:50pm                               |  |

|  | Ages 13 & Up | Mon & Wed | Tues & Thurs |  |
|--|--------------|-----------|--------------|--|
|  | Teen/Adults  |           | 6:30-7:10pm  |  |