



# POOL SCHEDULE: SWIM LESSONS

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

FALL SESSION 196: 10/28 –12/22

## Swim Starters with Parents

### Parent-Child

#### Stage A: Water Discovery

Ages: 6-18 months  
Session Fees: \$136/\$225  
Wednesday 9:00am-9:30am  
Saturday 8:30am-9:00am  
Saturday 9:00am-9:30am

#### Stage A: Water Discovery

Ages: 12-36 months  
Session Fees: \$136/\$225  
Monday 10:30am-11:00am  
Sunday 10:00am-10:30am  
Sunday 10:30am-11:00am

#### Stage 1: Water Acclimation

Ages: 3-5 years  
Session Fees: \$136/\$225  
Monday 3:30pm-4:00pm  
Tuesday 3:30pm-4:00pm  
Wednesday 3:30pm-4:00pm  
Thursday 3:30pm-4:00pm  
Friday 3:30pm-4:00pm  
Sunday 10:30am-11:00am  
Tuesday 5:30pm-6:00pm

#### Stage 1: Water Acclimation

Ages: 3-5 years  
Session Fees: \$168/\$250  
Saturday 10:00am-11:00am  
Saturday 10:30am-11:30am  
Saturday 11:30am-12:30pm

#### Stage B: Water Exploration

Ages: 12-36 months  
Session Fees: \$136/\$225  
Friday 11:00am-11:30am

### Yoga and Swim

#### Stage B: Water Exploration

Ages: 12-36 months  
Session Fees: \$168/\$250  
Saturday 9:00am-10:00am  
Saturday 9:30am-10:30am

### Preschool Parent/Child

#### Stage 1: Water Acclimation

Ages: 3-5 years  
Session Fees: \$136/\$225  
Monday 10:00am-10:30am  
Sunday 11:00am-11:30am  
Sunday 11:30am-12:00am

## Preschool Swim Basics

#### Stage 2: Water Movement

Ages: 3-5 years  
Session Fees: \$136/\$225  
Monday 3:30pm-4:00pm  
Tuesday 3:30pm-4:00pm  
Wednesday 3:30pm-4:00pm  
Thursday 3:30pm-4:00pm  
Friday 3:30pm-4:00pm  
Sunday 11:00pm-11:30am  
Wednesday 5:30pm-6:00pm

#### Stage 3: Water Stamina

Ages: 3-5 years  
Session Fees: \$136/\$225  
Monday 3:30pm-4:00pm  
Thursday 3:30pm-4:00pm

#### Stage 4: Stroke Introduction

Ages: 3-5 years  
Session Fees: \$136/\$225  
Tuesday 3:30pm-4:00pm  
Wednesday 3:30pm-4:00pm  
Friday 3:30pm-4:00pm

## Gym and Swim Basics

#### Stage 2: Water Movement

Ages: 3-5 years  
Session Fees: \$168/\$250  
Saturday 11:00am-12:00am  
Saturday 11:30am-12:30pm

#### Stage 3: Water Stamina

Ages: 3-5 years  
Session Fees: \$168/\$250  
Saturday 11:00am-12:00pm

#### Stage 4: Stroke Introduction

Ages: 3-5 years  
Session Fees: \$168/\$250  
Saturday 11:00am-12:00pm  
Saturday 11:30am-12:30pm

PLEASE NOTE: ALL ABOVE CLASSES WILL BE IN THE SMALL POOL

## School Age Swim Basics

### Stage 1: Water Acclimation

Ages: 5-12 years

Session Fees: \$125/\$205

Small Pool

Monday 4:00-4:45 pm  
Tuesday 4:45-5:30pm  
Wednesday 4:00-4:45pm  
Thursday 4:45-5:30pm  
Saturday 1:15-2:00pm  
Saturday 2:45-3:30pm  
Sunday 11:30-12:15pm  
Sunday 4:15-5:00pm

### Stage 2: Water Movement

Ages: 5-12 years

Session Fees: \$125/\$205

Small Pool

Monday 4:00-4:45 pm  
Tuesday 4:45-5:30pm  
Tuesday 5:30-6:15pm  
Wednesday 4:45-5:30pm  
Thursday 4:00-4:45pm  
Friday 4:00-4:45pm  
Saturday 2:00-2:45pm  
Saturday 2:45-3:30pm  
Sunday 12:15-1:00pm  
Sunday 4:15-5:00pm

### Stage 3: Water Stamina

Ages: 5-12 years

Session Fees: \$125/\$205

Small Pool

Monday 4:45-5:30 pm  
Tuesday 4:00-4:45pm  
Wednesday 4:45-5:30pm  
Thursday 4:00-4:45pm  
Thursday 4:45-5:30pm  
Friday 4:45-5:30pm  
Saturday 1:15-2:00pm  
Saturday 2:00-2:45pm  
Saturday 2:45-3:30pm  
Saturday 3:30-4:15pm

## School Age Swim Strokes

### Stage 4: Stroke Introduction

Ages: 5-12 years

Session Fees: \$125/\$205

Small Pool

Monday 4:45-5:30pm  
Tuesday 4:00-4:45pm  
Tuesday 5:30-6:15pm  
Wednesday 4:00-4:45pm  
Thursday 4:00-4:45pm Large P  
Friday 4:45-5:30pm  
Saturday 12:30-1:15pm  
Saturday 2:00-2:45pm  
Saturday 3:30-4:15pm  
Sunday 1:00-1:45pm Large Pool

### Stage 5: Stroke Development

Ages: 5-12 years

Session Fees: \$125/\$205

Large Pool

Tuesday 4:45-5:30pm  
Wednesday 4:00-4:45pm  
Thursday 5:30-6:15pm  
Friday 4:00-4:45pm  
Saturday 12:30-1:15pm  
Saturday 5:45-6:30pm

### Stage 6: Stroke Mechanics

Ages: 5-12 years

Session Fees: \$125/\$205

Large Pool

Monday 4:00-4:45pm  
Tuesday 4:00-4:45pm  
Wednesday 4:45-5:30pm  
Thursday 5:30-6:15pm  
Friday 4:00-4:45pm  
Saturday 1:15-2:00pm  
Saturday 4:15-5:00pm

## Competitive Pathway

### Intro to Competition

Ages: 7-15 years

Session Fees: \$145/\$235

Large Pool

Monday 5:30-6:15pm  
Sunday 1:45-2:30pm

### Competitive Drills and Skills I

Ages: 7-15 years

Session Fees: \$145/\$235

Large Pool

Thursday 4:45-5:30pm  
Friday 4:45-5:30pm  
Saturday 5:00-5:45pm

### Competitive Drills and Skills II

Ages: 7-15 years

Session Fees: \$145/\$235

Large Pool

Tuesday 6:15-7:00pm  
Wednesday 5:30-6:15pm

## Teen Lessons

Ages: 12-17 years

Session Fees: \$136/\$225

### Teen Level 1 - Small Pool

Saturday 12:30-1:15pm

### Teen Level 2 - Large Pool

Saturday 4:15-5:00pm

### Teen Level 3 - Large Pool

Saturday 5:00-5:45pm

## Adult Lessons

Ages: 17 years +

Session Fees: \$150/\$240

### Adult Level 1 - Small Pool

Wednesday 7:30pm-8:30pm

Wednesday 8:30pm-9:30pm

Thursday 12:00pm-1:00pm

Sunday 5:00pm-6:00pm

### Adult Level 2 - Small Pool

Tuesday 8:30pm-9:30pm

Sunday 6:00pm-7:00pm

### Adult Level 3 - Large Pool

Thursday 8:30pm-9:30pm

### Adult Level 4 - Large Pool

Thursday 8:30pm-9:30pm

