



POOL SCHEDULE: SWIM LESSONS

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WINTER SESSION 201: 2nd January – 23rd February 2020

Swim Starters with Parents

Parent-Child

Stage A: Water Discovery

Ages: 6-18 months
Session Fees: \$141/\$240
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: \$141/\$240
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: \$141/\$240
Monday 3:00pm-3:30pm
Monday 3:30pm-4:00pm
Tuesday 3:30pm-4:00pm
Tuesday 5:30pm-6:00pm
Wednesday 3:30pm-4:00pm
Thursday 3:30pm-4:00pm
Friday 3:00pm-3:30pm
Friday 3:30pm-4:00pm
Sunday 10:30am-11:00am

Stage 1: Water Acclimation

Ages: 3-5 years
Session Fees: \$175/\$265
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: \$141/\$240
Friday 11:00am-11:30am

Yoga and Swim

Stage B: Water Exploration

Ages: 12-36 months
Session Fees: \$175/\$265
Saturday 9:00am-10:00am
Saturday 9:30am-10:30am

Preschool Parent/Child

Stage 1: Water Acclimation

Ages: 3-5 years
Session Fees: \$141/\$240
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: \$141/\$240
Monday 3:30pm-4:00pm
Tuesday 3:30pm-4:00pm
Wednesday 3:30pm-4:00pm
Wednesday 5:30pm-6:00pm
Thursday 3:30pm-4:00pm
Friday 3:30pm-4:00pm
Saturday 11:30am-12:00pm
Sunday 11:00pm-11:30am

Stage 3: Water Stamina

Ages: 3-5 years
Session Fees: \$141/\$240
Monday 3:30pm-4:00pm
Tuesday 3:30pm-4:00pm
Thursday 3:30pm-4:00pm

Stage 4: Stroke Introduction

Ages: 3-5 years
Session Fees: \$141/\$240
Wednesday 3:30pm-4:00pm
Friday 3:30pm-4:00pm

Gym and Swim Basics

Stage 2: Water Movement

Ages: 3-5 years
Session Fees: \$175/\$265
Saturday 11:00am-12:00am
Saturday 11:30am-12:30pm

Stage 3: Water Stamina

Ages: 3-5 years
Session Fees: \$175/\$265
Saturday 11:00am-12:00pm

Stage 4: Stroke Introduction

Ages: 3-5 years
Session Fees: \$175/\$265
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: \$130/\$220

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: \$130/\$220

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 3:30-4:15pm
Sunday 12:15-1:00pm
Sunday 4:15-5:00pm

Stage 3: Water Stamina

Ages: 5-12 years

Session Fees: \$130/\$220

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 4:00-4:45pm
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: \$130/\$220

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 Pool
Friday 4:45-5:30pm
Saturday 12:30-1:15pm
Saturday 2:00-2:45pm Large Pool
Saturday 2:45-3:30pm Large Pool
Sunday 1:00-1:45pm Large Pool

Stage 5: Stroke Development

Ages: 5-12 years

Session Fees: \$130/\$220

Large Pool

Monday 4:45-5:30pm
Tuesday 4:45-5:30pm
Wednesday 4:00-4:45pm
Wednesday 6:15-7:00pm
Thursday 5:30-6:15pm
Friday 5:30-6:15pm
Saturday 12:30-1:15pm
Saturday 5:45-6:30pm

Stage 6: Stroke Mechanics

Ages: 5-12 years

Session Fees: \$130/\$220

Large Pool

Monday 4:00-4:45pm
Tuesday 4:00-4:45pm
Wednesday 4:45-5:30pm
Wednesday 6:15-7:00pm
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: \$151/\$250

Large Pool

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

Competitive Drills and Skills I

Ages: 7-15 years

Session Fees: \$151/\$250

Large Pool

Thursday 4:45-5:30pm
Thursday 6:15-7:00pm
Friday 4:45-5:30pm
Saturday 5:00-5:45pm

Competitive Drills and Skills II

Ages: 7-15 years

Session Fees: \$151/\$250

Large Pool

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

Teen Lessons

Ages: 12-17 years

Session Fees: \$141/\$240

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: \$156/\$255

Adult Level 1 - Small Pool

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 - Small Pool

Thursday 8:30pm-9:30pm

Adult Level 4 - Large Pool

Thursday 8:30pm-9:30pm

