



SUMMER SWIM LESSONS

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SESSION 1: June 18-28th; SESSION 2: July 9 - 19th; SESSION 3: July 30 - Aug 9						
All Summer Sessions are daily, Mon-Thurs for 2 weeks (Totaling 8 lessons)						
CLASS	MON	TUES	WEDS	THURS	FRI	SAT
Parent/Child (Ages 6 mo - 2 yrs)						
Water Discovery	4:00 to 4:30pm	4:00 to 4:30pm	4:00 to 4:30pm	4:00 to 4:30pm		
Water Exploration	4:00 to 4:30pm	4:00 to 4:30pm	4:00 to 4:30pm	4:00 to 4:30pm		
Beginner/Pre-School (Ages 3-5 yrs)						
Water Acclimation	4:00 to 4:30pm	4:00 to 4:30pm	4:00 to 4:30pm	4:00 to 4:30pm		
Water Movement	4:45 to 5:15pm	4:45 to 5:15pm	4:45 to 5:15pm	4:45 to 5:15pm		
Development/Youth (Ages 4-11 yrs)						
Water Stamina	4:45 to 5:15pm	4:45 to 5:15pm	4:45 to 5:15pm	4:45 to 5:15pm		
Stroke Introduction	5:30 to 6:00pm	5:30 to 6:00pm	5:30 to 6:00pm	5:30 to 6:00pm		
Stroke Development	5:30 to 6:00pm	5:30 to 6:00pm	5:30 to 6:00pm	5:30 to 6:00pm		
Stroke Mechanics	5:30 to 6:00pm	5:30 to 6:00pm	5:30 to 6:00pm	5:30 to 6:00pm		