



FALL 1 SWIM LESSONS

JANUARY 1st - APRIL 16th

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CLASS	MON	TUES	WEDS	THURS	FRI	SAT
Level A: Water Discovery	6:15 to 6:45pm	10:00 to 10:30am				9:00 to 9:30am
Level B: Water Exploration	6:15 to 6:45pm	10:00 to 10:30am				9:00 to 9:30am
Level 1: Water Acclimation	4:00 to 4:30pm	6:15 to 6:45pm	5:30 to 6:00pm	4:45 to 5:15pm		9:45 to 10:15am
Level 2: Water Movement	4:45 to 5:15pm	4:00 to 4:30pm	6:15 to 6:45pm	5:30 to 6:00pm		10:30 to 11:00am
Level 3: Water Stamina	5:30 to 6:00pm	4:45 to 5:15pm	4:00 to 4:30pm	6:15 to 6:45pm		10:30 to 11:00am
Level 4: Stroke Introduction	5:30 to 6:00pm	4:45 to 5:15pm	4:00 to 4:30pm	6:15 to 6:45pm		10:30 to 11:00am
Level 5: Stroke Development	7:00 to 7:30pm	5:30 to 6:00pm	4:45 to 5:15pm	4:00 to 4:30pm		11:15 to 11:45am
Level 6: Stroke Mechanics						11:15 to 11:45am