



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM LESSON CLASS NAMES AND TIMES: WEDNESDAY

Stroke Mechanics (school-age):
4:00pm-4:45pm

Stroke Development (preschool):
4:45pm-5:15pm

Stroke Mechanics (preschool):
4:45pm-5:15pm

Water Discovery/Exploration (infant):
5:15pm-5:45pm

Water Acclimation (preschool):
5:15pm-5:45pm

Water Movement (preschool):
5:45pm-6:15pm

Water Stamina (preschool):
5:45pm-6:15pm

Stroke Introduction (preschool):
6:15-6:45pm

Water Acclimation (school-age):
6:15pm-7:00pm

Water Movement (school-age):
6:45pm-7:30pm

Water Stamina (school-age):
7:00pm-7:45pm

Stroke Introduction (school-age):
7:30pm-8:15pm

Stroke Development (school-age):
7:45-8:30pm

SWIM LESSON CLASS NAMES AND TIMES: SATURDAY

Adult:
7:45am – 8:30am

Stroke Development (school-age):
7:45am-8:30pm

Water Acclimation (preschool):
8:30am-9:00am

Water Movement (preschool):
9:00am-9:30am

Water Stamina (preschool):
9:30am-10:00am

Stroke Introduction (preschool):
10:00am-10:30am

Stroke Development (preschool):
10:30am-11:00am

Stroke Mechanics (preschool):
11:00am-11:30am

Stroke Mechanics (school-age):
11:30am-12:15pm

Water Acclimation (school-age):
8:30am-9:15am

Water Movement (school-age):
9:15am – 10:00am

Water Stamina (school-age):
10:00am-10:45am

Water Discovery/Exploration (infant):
10:45am-11:15am

Stroke Introduction (school-age):
11:15am – 12:00pm