



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

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

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

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

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

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

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

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

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

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

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

### PRICING:

Members: \$25/swimmer for 8 week session  
Non-members: \$45/swimmer for 8 week session