

Group Swim Lesson Schedule – Summer 2015

June 8 – July 31, 2015

BABIES & TODDLERS:

WATER EXPLORATION – AGES 6 – 36 MONTHS. RELAX AND ENJOY THE WATER THROUGH THE USE OF SONGS, GAMES, AND ACTIVITIES.

8 week class – lessons meet once a week.			AVAIL. SPOTS
TUE	6/9 – 7/28	10:15 – 10:45A	10
WED	6/10 – 7/29	6:00 – 6:30P	4
FRI	6/12 – 7/31	9:45 – 10:15A	10

WATER TOTS – AGES 2 – 4 YEARS OLD. ACCOMPANIED BY PARENTS TO HAVE FUN AND LEARN BEGINNING SWIMMING SKILLS. FINAL 2 LESSONS WILL BREAK OUT INTO SMALLER GROUPS TO WORK ON PARENT-CHILD INDEPENDENCE. *PREVIOUS PARTICIPATION IN WATER EXPO IS REQUIRED.

8 week class – lessons meet once a week.			AVAIL. SPOTS
TUE	6/9 – 7/28	10:45 – 11:45A	2
		6:00 – 6:30P	8
FRI	6/12 – 7/31	10:15 – 10:45A	8

PRESCHOOL LESSONS:

GUPPIES (LEVEL 1) –

CHILD MUST BE AT LEAST 2 ½ YEARS OLD TO BEGIN LESSONS. IN GUPPIES, YOUR CHILD WILL LEARN BREATH CONTROL IN THE WATER, WATER SAFETY SKILLS INCLUDING GETTING IN AND OUT OF THE POOL INDEPENDENTLY, JUMPING INTO SHALLOW WATER, AND AN INTRODUCTION TO FLOATING. *NO PREVIOUS EXPERIENCE IS NEEDED. CHILD MUST BE ABLE TO SIT IN CLASS WITHOUT PARENT'S ASSISTANCE.



8 week class – lessons meet once a week.			AVAIL. SPOTS
MON	6/8 – 7/27	9:45 – 10:15A	2
		10:15 – 10:45A	1
		10:45 – 11:15A	2
		4:30 – 5:00P	0
		5:00 – 5:30P	3
		5:30 – 6:00P	3
TUE	6/9 – 7/28	6:30 – 7:00P	0
		9:45 – 10:15A	2
		10:15 – 10:45A	2
		4:30 – 5:00P	1
		5:00 – 5:30P	2
		5:30 – 6:00P	2
WED	6/10 – 7/29	6:00 – 6:30P	3
		7:00 – 7:30P	2
		10:15 – 10:45A	1
		10:45 – 11:15A	0
		4:30 – 5:00P	3
		6:00 – 6:30P	2
THUR	6/11 – 7/30	6:30 – 7:00P	3
		11:15 – 11:45A	3
		4:30 – 5:00P	3
		5:30 – 6:00P	1
		6:30 – 7:00P	1
FRI	6/12 – 7/31	9:45 – 10:15A	3
		10:15 – 10:45A	3

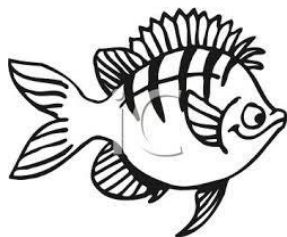
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PRESCHOOL LESSONS: (CONT.)

MINNOWS (LEVEL 2) –

CHILD MUST NOT BE AFRAID OF THE WATER AND BE WILLING TO TRY NEW THINGS. IN MINNOWS, YOUR CHILD WILL FOCUS ON SKILLS TO DEVELOP SUBMERSION, PROPULSION OFF THE WALL AND BREATH CONTROL. EMPHASIS ON WATER SAFETY SKILLS INCLUDING JUMPING INTO DEEPER WATER AND SAFE ENTRY/EXIT INTO POOL.



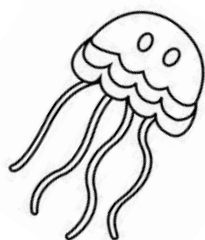
8 week class – lessons meet once a week.		AVAIL. SPOTS	
MON	6/8 – 7/27	10:15 – 10:45A	0
		10:45 – 11:15A	2
		11:15 – 11:45A	4
		11:45A-12:15P	4
		5:00 – 5:30P	3
		5:30 – 6:00P	2
		6:00 – 6:30P	2
		6:30 – 7:00P	1
TUE	6/9 – 7/28	7:00 – 7:30P	2
		9:45 – 10:15A	2
		11:15 – 11:45A	4
		11:45A-12:15P	4
		4:30 – 5:00P	4
		5:30 – 6:00P	1
		6:00 – 6:30P	4
		6:30 – 7:00P	3
WED	6/10 – 7/29	10:15 – 10:45A	1
		11:45A-12:15P	4
		4:30 – 5:00P	4
		5:00 – 5:30P	4
		5:30 – 6:00P	3
		6:30 – 7:00P	2
		7:00 – 7:30P	2
THUR	6/11 – 7/30	9:45 – 10:15A	4
		10:15 – 10:45A	4
		4:30 – 5:00P	2
		5:00 – 5:30P	4
		6:00 – 6:30P	1
FRI	6/12 – 7/31	10:45 – 11:15A	3

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AGE GROUP LESSONS:

JELLYFISH (LEVEL 2) –

CHILD MUST BE ABLE TO ENTER/EXIT WATER SAFELY AND GO UNDER WATER WITHOUT COACHING. IN JELLYFISH, YOUR CHILD WILL FOCUS ON SKILLS TO DEVELOP BALANCE, PROPULSION AND UNDERWATER EXPLORATION. SWIMMERS WILL ALSO LEARN TO MASTER FLOATING WITHOUT HELP AND GLIDE OFF THE WALL. EMPHASIS ON WATER SAFETY SKILLS INCLUDING JUMPING INTO DEEPER WATER, LIFEJACKET USAGE, AND SAFE ENTRY/EXIT INTO POOL.



8 week class – lessons meet once a week.		AVAIL. SPOTS	
MON	6/8 – 7/27	10:15 – 10:45A	3
		10:45 – 11:15A	3
		11:15 – 11:45A	1
		11:45A-12:15P	2
		4:30 – 5:00P	0
		6:30 – 7:00P	0
		7:00 – 7:30P	0
TUE	6/9 – 7/28	9:45 – 10:15A	0
		10:15 – 10:45A	3
		11:15 – 11:45A	3
		11:45A-12:15P	4
		4:30 – 5:00P	0
		5:00 – 5:30P	3
		5:30 – 6:00P	3
		6:00 – 6:30P	2
WED	6/10 – 7/29	7:00 – 7:30P	4
		9:45 – 10:15A	4
		10:15 – 10:45A	4
		10:45 – 11:15A	1
		11:45A-12:15P	1
		5:00 – 5:30P	4
		5:30 – 6:00P	2
		6:00 – 6:30P	2
THUR	6/11 – 7/30	7:00 – 7:30P	3
		10:15 – 10:45A	4
		10:45 – 11:15A	2
		4:30 – 5:00P	1
		6:00 – 6:30P	2
		6:30 – 7:00P	4
FRI	6/12 – 7/31	7:00 – 7:30P	2
		10:15 – 10:45A	4
		10:45 – 11:15A	3

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AGE GROUP LESSONS

(CONT.):

SEAHORSE (LEVEL 4) –

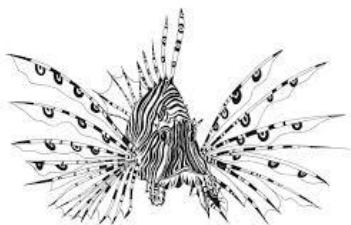
PRE-REQUISITE: CHILD MUST BE ABLE TO FLOAT ON FRONT AND BACK WITHOUT ASSISTANCE. IN SEAHORSE, YOUR CHILD WILL FOCUS THE COORDINATION OF FREESTYLE AND BACKSTROKE. ADDITIONAL EMPHASIS ON ELEMENTARY BACKSTROKE, WATER SAFETY SKILLS, AND BALANCE DRILLS.



8 week class – lessons meet once a week.		AVAIL. SPOTS	
MON	6/8 – 7/27	9:45 – 10:15A	2
		10:15 – 10:45A	4
		11:45A-12:15P	4
		4:30 – 5:00P	2
		6:00 – 6:30P	4
TUE	6/9 – 7/28	9:45 – 10:15A	1
		10:45 – 11:15A	2
		11:15 – 11:45A	2
		4:30 – 5:00P	0
		5:30 – 6:00P	2
		6:00 – 6:30P	3
		6:30 – 7:00P	3
		7:00 – 7:30P	3
WED	6/10 – 7/29	9:45 – 10:15A	4
		10:45 – 11:15A	1
		11:15 – 11:45A	3
		4:30 – 5:00P	0
		5:00 – 5:30P	3
		5:30 – 6:00P	3
		6:30 – 7:00P	3
		7:00 – 7:30P	3
THUR	6/11 – 7/30	10:15 – 10:45A	4
		10:45 – 11:15A	4
		11:15 – 11:45A	4
		11:45A-12:15P	4
		4:30 – 5:00P	3
		5:00 – 5:30P	2
		5:30 – 6:00P	2
		6:00 – 6:30P	2
		6:30 – 7:00P	1

LIONFISH (LEVEL 5) –

PRE-REQUISITE: CHILD MUST BE ABLE TO SWIM ON FRONT & BACK FOR 15 YARDS. IN LIONFISH, YOUR CHILD WILL CONTINUE TO DEVELOP SKILLS IN FREESTYLE, BACKSTROKE, AND ELEMENTARY BACKSTROKE.



8 week class – lessons meet once a week.		AVAIL. SPOTS	
MON	6/8 – 7/27	9:45 – 10:15A	3
		10:45 – 11:15A	4
		5:00 – 5:30P	3
		5:30 – 6:00P	3
		6:00 – 6:30P	2
		6:30 – 7:00P	3
		7:00 – 7:30P	2
TUE	6/9 – 7/28	11:15 – 11:45A	2
		5:00 – 5:30P	2
		5:30 – 6:00P	3
		6:00 – 6:30P	4
		6:30 – 7:00P	3
WED	6/10 – 7/29	11:15 – 11:45A	0
		4:30 – 5:00P	1
		6:00 – 6:30P	4
		6:30 – 7:00P	0
THUR	6/11 – 7/30	11:45A-12:15P	4
		5:00 – 5:30P	3
		5:30 – 6:00P	3
		6:00 – 6:30P	0

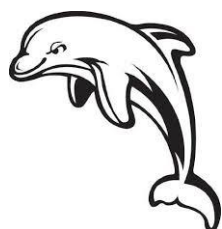
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AGE GROUP LESSONS (CONT.):

DOLPHINS (LEVEL 6) –

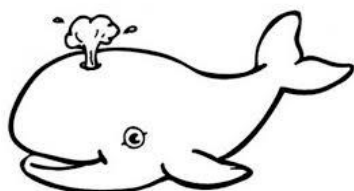
PRE-REQUISITE: CHILD MUST DEMONSTRATE UNDERSTANDING OF FREESTYLE, BACKSTROKE, ELEMENTARY BACKSTROKE AT LEAST 15 YARDS. IN DOLPHINS, YOUR CHILD WILL CONTINUE TO BUILD SKILLS IN FREESTYLE, BACKSTROKE, AND BREASTSTROKE. INSTRUCTOR WILL FOCUS ON BUTTERFLY SEQUENCE AND MASTER THE BREASTSTROKE SEQUENCE.



8 week class – lessons meet once a week.			AVAIL. SPOTS
MON	6/8 – 7/27	11:15 – 11:45A	5
		4:30 – 5:00P	1
		5:00 – 5:30P	3
		6:30 – 7:00P	5
TUE	6/9 – 7/28	10:45 – 11:15A	4
		4:30 – 5:00P	5
		6:30 – 7:00P	4
WED	6/10 – 7/29	11:15 – 11:45A	5
		4:30 – 5:00P	5
		5:30 – 6:00P	2
		7:00 – 7:30P	4
THUR	6/11 – 7/30	10:45 – 11:15A	5
		11:45A-12:15P	4
		4:30 – 5:00P	3
		5:00 – 5:30P	2
		7:00 – 7:30P	2

BELUGAS (LEVEL 7) – **PRE-REQUISITE:**

CHILD MUST DEMONSTRATE AT LEAST 25 YARDS OF FREESTYLE AND BACKSTROKE. IN BELUGAS, YOUR CHILD WILL CONTINUE TO IMPROVE ENDURANCE IN THE FOUR COMPETITIVE STROKES. INSTRUCTOR WILL FOCUS ON STROKE REFINEMENT AND HOW TO PERFORM OPEN TURNS FOR EACH STROKE.



8 week class – lessons meet once a week.			AVAIL. SPOTS
MON	6/8 – 7/27	11:45A-12:15P	5
		4:30 – 5:00P	3
		5:00 – 5:30P	3
		5:30 – 6:00P	4
		7:00 – 7:30P	5
TUE	6/9 – 7/28	10:15 – 10:45A	3
		11:45A-12:15P	6
		6:30 – 7:00P	6
WED	6/10 – 7/29	11:45A-12:15P	5
		5:00 – 5:30P	6
THUR	6/11 – 7/30	11:15 – 11:45A	6
		5:30 – 6:00P	5
		6:30 – 7:00P	5
		7:00 – 7:30P	6