

# SWIM LESSONS

## Spring

**March 5-April 28, 2018**

No Class Good Friday, March 30<sup>th</sup>-CLOSED

No Class Saturday, March 17<sup>th</sup> Healthy Kids Day



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### **Monday**

4:30 -5:00 pm

Swim Basics - (ages 3-5)-Mellisa

5:00-5:45 pm

Swim Basics-(ages 6-12)-Mellisa

5:00-5:45pm

Swim Strokes-(ages 6-12)-Rebekah

5:45-6:30 pm

Swim Basics/Swim Strokes-(ages 13 -Adult) -Mellisa

### **Tuesday**

5:15-6:15pm

Youth Water Sports (ages 9-14 & must be 4ft. tall)  
(Water Polo & Water Volleyball)

### **Wednesday**

4:00-4:45pm

Swim Basics-(ages 6-12)-Mellisa

4:45-5:15 pm

Swim Basics - (ages 3-5)-Mellisa

5:15-6:00 pm

Swim Basics (ages 6-12)-Mellisa

5:15-6:00pm

Swim Strokes (ages 6-12)-Mellisa

6:00-6:30pm

Swim Starters (ages 6 mths-3yrs)-Mellisa

### **Thursday**

5:15-6:15pm

Junior Lifeguard (ages 11-14) 16 weeks

### **Friday**

10:30-11:00am

Swim Starters-(ages 6 mths-3yrs) -Debbie

11:00-11:45am

Swim Basics (Parent participation required (ages 3-5) -Debbie

4:00-4:30pm

Swim Basics-(ages 3-5)-Mellisa

4:30-5:15pm

Swim Basics-(ages 6-12)-Mellisa

4:30-5:15pm

Swim Strokes-(ages 6-12)-Rebekah

5:15-6:00pm

Swim Mechanics-Rebekah

### **Saturday**

9:00 - 9:45 am

Swim Basics/Swim Strokes- (ages 13 -Adult)-Rebekah

9:00 - 9:45 am

Swim Mechanics - (ages 6-12) - Mellisa

9:45 -10:30 am

Swim Basics- (ages 6-12)-Mellisa

9:45-10:30am

Swim Strokes-(ages 6-12)-Rebekah

10:30 -11:00 am

Swim Starters- (ages 6mths -3yr)-Rebekah

11:00 - 11:30 am

Swim Basics- (ages 3-5)-Mellisa

11:30-12:15 pm

Swim Basics-(ages 6-12)-Mellisa

**Cost Monday - Thursday: \$24 members/\$48 non-members**

**Cost Friday - Saturday: \$21 members/\$42 non-members** (prorated to accommodate Good Friday & Healthy Kids Day)

**PLEASE NOTE: No previous swim lesson:**

Ages 3-5 (enroll in Swim Basics)

Ages 6-12 (enroll in Swim Basics)

Ages 13 & above (enroll in Swim Basics)

All other classes need referral from Aquatic Department!

Private & Semi- Private lessons by Appointment Only