

# SWIM LESSONS

## Sprung

### April 30–June 23, 2018



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

#### No Class Memorial Day, Monday, May 28th–CLOSED

#### Monday

4:15 –4:45 pm

Swim Basics - (ages 3–5)–Mellisa

4:45–5:30 pm

Swim Basics–(ages 6–12)–Mellisa

4:45–5:30 pm

Swim Strokes–(ages 6–12)–Rebekah

5:30–6:15 pm

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

#### Tuesday

8:30–9:00am

Swim Basics–(ages3–5)–Debbie (Parent participation required)

5:15–6:15pm

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

#### Wednesday

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

8:30–9:00 am

Swim Starters–(ages 6 mths–3yrs) –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: \$24 members/\$48 non-members

#### 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!