

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!