

FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Swimming Lessons SPRING SESSION (7 weeks)

SPRING SESSION (7 weeks April 8-May 25, 2024

Registration Dates:

Members: March 18

Non-Members: March 25



PARENT/CHILD - 30 MIN (6 MO - 3 YRS)	MONDAY	TUESDAY	THURSDAY	SATURDAY
STAGE A & B WATER DISCOVERY\EXPLORATION	6:45PM		10:00AM	9:00AM 9:40AM
PRESCHOOL - 30 MIN (3YRS-KINDERGARTEN)				
STAGE 1 & 2 WATER	6:05PM	10:00AM	10:00AM	9:40AM
ACCLIMATION/MOVEMENT	6:45PM	6:05PM 6:45PM	6:45PM	10:15AM
		10:45AM	10:45AM	
STAGE 3 WATER STAMINA		6:45PM	6:05PM	
SCHOOL AGE - 30 MIN (1ST GRADE—12 YRS)				
STAGE 1 & 2 WATER	6:05PM	6:05PM	6:05PM	
ACCLIMATION/MOVEMENT	6:45PM	7:20PM	7:20PM	9:40AM
STAGE 3 WATER STAMINA	6:05PM	7:20PM	6:45PM	9:00AM
STAGE 4 STROKE INTRODUCTION		6:45PM	6:05PM	10:15AM
STAGE 5 & 6 STROKE DEVELOPMENT/MECHANICS		7:20PM	6:45PM	10:15AM
FUTURE PHANTOMS (Stage 4 and above)		6:05PM		
TEEN/ADULT - 30 MIN (13+ YEARS)				
TEEN/ADULT			7:20PM	9:00AM