

2024 Swim Lessons

Session 1: June 17 - 28

Morning Lessons

| Time | Level | Course Description |
|-------------|-------|---------------------------------------|
| 9:00-9:50 | 1 | Beginner - Intro to Water Skills |
| 9:00-9:50 | 2 | Beginner - Fundamental Aquatic Skills |
| 9:00-9:50 | 3 | Stroke Development |
| 9:00-9:50 | 4 | Stroke Improvement |
| 9:00-9:50 | 5+6 | Stroke Refinement/Skill Proficiency |
| 10:00-10:50 | 1 | Beginner - Intro to Water Skills |
| 10:00-10:50 | 2 | Beginner - Fundamental Aquatic Skills |
| 10:00-10:50 | 3 | Stroke Development |
| 10:00-10:50 | 4 | Stroke Improvement |
| 10:00-10:50 | 5+6 | Stroke Refinement/Skill Proficiency |
| 11:00-11:25 | P1 | Preschool 1 (3 years old, by June 1) |
| 11:00-11:25 | P2 | Preschool 2 (4 years old, by June 1) |
| 11:35-12:00 | P1 | Preschool 1 (3 years old, by June 1) |
| 11:35-12:00 | P2 | Preschool 2 (4 years old, by June 1) |
| 11:00-11:50 | 1 | Beginner - Intro to Water Skills |
| 11:00-11:50 | 2 | Beginner - Fundamental Aquatic Skills |
| 11:00-11:50 | 3 | Stroke Development |

Open Swim 12:30 - 4:15

Evening Lessons

| Time | Level | Course Description |
|-----------|-------|---------------------------------------|
| 4:30-5:20 | 1 | Beginner - Intro to Water Skills |
| 4:30-5:20 | 2 | Beginner - Fundamental Aquatic Skills |
| 4:30-5:20 | 3 | Stroke Development |
| 4:30-5:20 | 4 | Stroke Improvement |
| 4:30-5:20 | 5+6 | Stroke Refinement/Skill Proficiency |
| 4:30-4:55 | P1 | Preschool 1 (3 years old, by June 1) |
| 4:30-4:55 | P2 | Preschool 2 (4 years old, by June 1) |
| 5:00-5:25 | P1 | Preschool 1 (3 years old, by June 1) |
| 5:00-5:25 | P2 | Preschool 2 (4 years old, by June 1) |
| 5:30-6:20 | 1 | Beginner - Intro to Water Skills |
| 5:30-6:20 | 2 | Beginner - Fundamental Aquatic Skills |
| 5:30-6:20 | 3 | Stroke Development |
| 5:30-6:20 | 4 | Stroke Improvement |
| 5:30-6:20 | 5+6 | Stroke Refinement/Skill Proficiency |
| 5:30-5:55 | P/C | Parent & Child (6 - 36 months old) |
| 5:30-5:55 | P2 | Preschool 1 (3 years old, by June 1) |
| 6:00-6:25 | P1 | Preschool 2 (4 years old, by June 1) |
| 6:00-6:25 | P2 | Preschool 2 (4 years old, by June 1) |

Open Swim 6:45- 9:00

P/C,P1, P2 - Enrollment min. 2 - max. 6

L1, L2, L3, L4, L5, L6 - Enrollment min. 2 - max. 8

Beginners 5 years and older start with Level 1

2024 Swim Lessons

Session 2: July 8 - 19

Morning Lessons

| Time | Level | Course Description |
|-------------|-------|---------------------------------------|
| 9:00-9:50 | 1 | Beginner - Intro to Water Skills |
| 9:00-9:50 | 2 | Beginner - Fundamental Aquatic Skills |
| 9:00-9:50 | 3 | Stroke Development |
| 9:00-9:50 | 4 | Stroke Improvement |
| 9:00-9:50 | 5+6 | Stroke Refinement/Skill Proficiency |
| 10:00-10:50 | 1 | Beginner - Intro to Water Skills |
| 10:00-10:50 | 2 | Beginner - Fundamental Aquatic Skills |
| 10:00-10:50 | 3 | Stroke Development |
| 10:00-10:50 | 4 | Stroke Improvement |
| 10:00-10:50 | 5+6 | Stroke Refinement/Skill Proficiency |
| 11:00-11:25 | P1 | Preschool 1 (3 years old, by June 1) |
| 11:00-11:25 | P2 | Preschool 2 (4 years old, by June 1) |
| 11:35-12:00 | P1 | Preschool 1 (3 years old, by June 1) |
| 11:35-12:00 | P2 | Preschool 2 (4 years old, by June 1) |
| 11:00-11:50 | 1 | Beginner - Intro to Water Skills |
| 11:00-11:50 | 2 | Beginner - Fundamental Aquatic Skills |
| 11:00-11:50 | 3 | Stroke Development |

Open Swim 12:30 - 4:15

Evening Lessons

| Time | Level | Course Description |
|-----------|-------|---------------------------------------|
| 4:30-5:20 | 1 | Beginner - Intro to Water Skills |
| 4:30-5:20 | 2 | Beginner - Fundamental Aquatic Skills |
| 4:30-5:20 | 3 | Stroke Development |
| 4:30-5:20 | 4 | Stroke Improvement |
| 4:30-5:20 | 5+6 | Stroke Refinement/Skill Proficiency |
| 4:30-4:55 | P1 | Preschool 1 (3 years old, by June 1) |
| 4:30-4:55 | P2 | Preschool 2 (4 years old, by June 1) |
| 5:00-5:25 | P1 | Preschool 1 (3 years old, by June 1) |
| 5:00-5:25 | P2 | Preschool 2 (4 years old, by June 1) |
| 5:30-6:20 | 1 | Beginner - Intro to Water Skills |
| 5:30-6:20 | 2 | Beginner - Fundamental Aquatic Skills |
| 5:30-6:20 | 3 | Stroke Development |
| 5:30-6:20 | 4 | Stroke Improvement |
| 5:30-6:20 | 5+6 | Stroke Refinement/Skill Proficiency |
| 5:30-5:55 | P1 | Preschool 1 (3 years old, by June 1) |
| 5:30-5:55 | P2 | Preschool 2 (4 years old, by June 1) |
| 6:00-6:25 | P2 | Preschool 2 (4 years old, by June 1) |
| 6:00-6:25 | P1 | Preschool 1 (3 years old, by June 1) |

Open Swim 6:45 - 9:00

P/C, P1, P2 - Enrollment min. 2 - max. 6

L1, L2, L3, L4, L5, L6 - Enrollment min. 2 - max. 8

Beginners 5 years and older start with Level 1

2024 Swim Lessons

Session 3: July 22 - Aug. 2

Morning Lessons

| Time | Level | Course Description |
|-------------|-------|---------------------------------------|
| 9:00-9:50 | 1 | Beginner - Intro to Water Skills |
| 9:00-9:50 | 2 | Beginner - Fundamental Aquatic Skills |
| 9:00-9:50 | 3 | Stroke Development |
| 9:00-9:50 | 4 | Stroke Improvement |
| 9:00-9:50 | 5+6 | Stroke Refinement/Skill Proficiency |
| 10:00-10:50 | 1 | Beginner - Intro to Water Skills |
| 10:00-10:50 | 2 | Beginner - Fundamental Aquatic Skills |
| 10:00-10:50 | 3 | Stroke Development |
| 10:00-10:50 | 4 | Stroke Improvement |
| 10:00-10:50 | 5+6 | Stroke Refinement/Skill Proficiency |
| 11:00-11:25 | P1 | Preschool 1 (3 years old, by June 1) |
| 11:00-11:25 | P2 | Preschool 2 (4 years old, by June 1) |
| 11:35-12:00 | P1 | Preschool 1 (3 years old, by June 1) |
| 11:35-12:00 | P2 | Preschool 2 (4 years old, by June 1) |
| 11:00-11:50 | 1 | Beginner - Intro to Water Skills |
| 11:00-11:50 | 2 | Beginner - Fundamental Aquatic Skills |
| 11:00-11:50 | 3 | Stroke Development |

Open Swim 12:30 - 4:15

Evening Lessons

| Time | Level | Course Description |
|-----------|-------|---------------------------------------|
| 4:30-5:20 | 1 | Beginner - Intro to Water Skills |
| 4:30-5:20 | 2 | Beginner - Fundamental Aquatic Skills |
| 4:30-5:20 | 3 | Stroke Development |
| 4:30-5:20 | 4 | Stroke Improvement |
| 4:30-5:20 | 5+6 | Stroke Refinement/Skill Proficiency |
| 4:30-4:55 | P1 | Preschool 1 (3 years old, by June 1) |
| 4:30-4:55 | P2 | Preschool 2 (4 years old, by June 1) |
| 5:00-5:25 | P1 | Preschool 1 (3 years old, by June 1) |
| 5:00-5:25 | P2 | Preschool 2 (4 years old, by June 1) |
| 5:30-6:20 | 1 | Beginner - Intro to Water Skills |
| 5:30-6:20 | 2 | Beginner - Fundamental Aquatic Skills |
| 5:30-6:20 | 3 | Stroke Development |
| 5:30-6:20 | 4 | Stroke Improvement |
| 5:30-6:20 | 5+6 | Stroke Refinement/Skill Proficiency |
| 5:30-5:55 | P/C | Parent & Child (6 - 36 months old) |
| 5:30-5:55 | P1 | Preschool 1 (3 years old, by June 1) |
| 6:00-6:25 | P2 | Preschool 2 (4 years old, by June 1) |
| 6:00-6:25 | P1 | Preschool 2 (4 years old, by June 1) |

Open Swim 6:45 - 9:00

P/C, P1, P2 - Enrollment min. 2 - max. 6

L1, L2, L3, L4, L5, L6 - Enrollment min. 2 - max. 8

Beginners 5 years and older start with Level 1