




FALL SWIM LESSONS


Registration

Member Registration: August 25, 2020
Non-Member Registration: August 31, 2020


Session Begins:
September 8 to October 5

WHAT AGE GROUP DOES THE STUDENT FALL INTO?

 6 months- 3 years
Parent & Child
Stages A-B

 3 years - 5 years
Preschool
Stages 1-4

 5 years - 12 years
School Age
Stages 1-6

 12+ years
Teen & Adult
Stages 1-6

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

A/WATER DISCOVERY

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

B/WATER EXPLORATION

Will the student go underwater voluntarily?

NOT YET

1/WATER ACCLIMATION

Can the student do a front and back float on his or her own?

NOT YET

2/WATER MOVEMENT

Can the student swim 10-15 yards on his or her front and back?

NOT YET

3/WATER STAMINA

Can the student swim 15 yards of front and back crawl?

NOT YET

4/STROKE INTRODUCTION

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

5/STROKE DEVELOPMENT

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

6/STROKE MECHANICS

AQUATICS

SWIM LESSONS

SWIM STARTERS

6 MONTHS-3 YEARS OLD

Members: \$68 | Non-Members \$86
(Please note 2 times a week for 4 weeks)

A / WATER DISCOVERY

Mon/Wed 5:30 PM - 6:00PM

B / WATER EXPLORATION

Mon/Wed 5:30 PM - 6:00PM

PRESCHOOL STAGES

3-5 YEARS OLD

Members: \$68 | Non-Members: \$86
(Please note 2 times a week for 4 weeks)

STAGE 1 / WATER ACCLIMATION

Mon/Wed 4:30 PM - 5:00 PM

STAGE 2 / WATER MOVEMENT

Mon/Wed 6:30 PM - 7:00 PM

STAGE 3 / WATER STAMINA

Mon/Wed 3:30 PM - 4:00 PM

SCHOOL AGE STAGES

5-12 YEARS OLD

Members: \$77 | Non-Members: \$100
(Please note 2 times a week for 4 weeks)

STAGE 1 / WATER ACCLIMATION

Mon/Wed 3:30 PM - 4:00 PM

STAGE 2 / WATER MOVEMENT

Mon/Wed 4:30 PM - 5:10 PM

STAGE 3 / WATER STAMINA

Mon/Wed 6:30 PM - 7:10 PM

SCHOOL AGE STAGES

5-12 YEARS OLD

Members: \$77 | Non-Members: \$100
(Please note 2 times a week for 4 weeks)

STAGE 5 / STROKE DEVELOPMENT

Mon/Thurs 4:30 PM - 5:10 PM

STAGE 6 / STROKE MECHANICS

Mon/Thurs 4:30 PM - 5:10 PM

PRESCHOOL STAGES

3-5 YEARS OLD

Members: \$77 | Non-Members: \$100
(Please note 2 times a week for 4 weeks)

STAGE 1 / WATER ACCLIMATION

Tues/Thurs 6:30 PM - 7:00 PM

STAGE 2 / WATER MOVEMENT

Tues/Thurs 3:30 PM - 4:00 PM
Tues/Thurs 5:30 PM - 6:00 PM

STAGE 3 / WATER STAMINA

Tues/Thurs 4:30 PM - 5:00 PM

SCHOOL AGE STAGES

5-12 YEARS OLD

Members: \$90 | Non-Members: \$115
(Please note 2 times a week for 4 weeks)

STAGE 1 / WATER ACCLIMATION

Tues/Thurs 5:30 PM - 6:10 PM

STAGE 2 / WATER MOVEMENT

Tues/Thurs 6:30 PM - 7:10 PM

STAGE 3 / WATER STAMINA

Tues/Thurs 6:30 PM - 7:10 PM

STAGE 4 / STROKE INTRODUCTION

Tues/Thurs 6:30 PM - 7:10 PM

SWIM STARTERS

6 MONTHS-3 YEARS OLD

Members: \$39 | Non-Members \$50
(Please note Fri/Sat classes once a week)

A / WATER DISCOVERY

Saturday 9:00 AM - 9:30 AM

B / WATER EXPLORATION

Saturday 9:00 AM - 9:30 AM

PRESCHOOL STAGES

3-5 YEARS OLD

Members: \$39 | Non-Members: \$50
(Please note Fri/Sat classes once a week)

STAGE 1 / WATER ACCLIMATION

Saturday 11:00 AM - 11:30 AM

STAGE 2 / WATER MOVEMENT

Saturday 10:00 AM - 10:30AM

STAGE 3 / WATER STAMINA

Saturday 12:00 PM - 12:30PM

SCHOOL AGE STAGES

5-12 YEARS OLD

Members: \$45 | Non-Members: \$58
(Please note Fri/Sat classes once a week)

STAGE 1 / WATER ACCLIMATION

Saturday 10:00 AM - 10:40AM

STAGE 2 / WATER MOVEMENT

Saturday 12:00 PM - 12:40PM

STAGE 3 / WATER STAMINA

Saturday 11:00 AM - 11:40AM

STAGE 4 / STROKE INTRODUCTION

Saturday 9:00 AM - 9:40AM

STAGE 5 / STROKE DEVELOPMENT

Saturday 10:00 AM - 10:40AM

STAGE 6 / STROKE MECHANICS

Saturday 11:00 AM - 11:40AM



TEEN & ADULT STAGES

Members: \$39 | Non-Members: \$50
(Please note Fri/Sat classes once a week)

STAGE 1 / WATER ACCLIMATION

Friday 4:30 PM - 5:10PM

STAGE 2 / WATER MOVEMENT

Friday 4:30 PM - 5:10PM

Friday 5:30 PM - 6:10PM

STAGE 3 / WATER STAMINA

Friday 5:30 PM - 6:10PM

Friday 6:30 PM - 7:10PM

STAGE 4 / STROKE INTRODUCTION

Friday 6:30 PM - 7:10PM