



FALL SWIM LESSONS


Registration


Member Registration: October 26, 2020
Non-Member Registration: October 28, 2020

Session Begins:


November 2– December 19

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

Weekday classes will meet until Tuesday 12/1, there will be no class 11/26&11/27

SWIM STARTERS 6 MONTHS-3 YEARS OLD

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

A / WATER DISCOVERY

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

B / WATER EXPLORATION

Mon/Wed 5:40 PM - 6:10PM

PRESCHOOL STAGES

3-5 YEARS OLD

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

STAGE 1 / WATER ACCLIMATION

Mon/Wed 4:50PM - 5:20PM
Tues/Thurs 4:00PM - 4:30PM

STAGE 2 / WATER MOVEMENT

Mon/Wed 6:15PM - 6:45PM
Tues/Thurs 5:30PM - 6:00PM

STAGE 3 / WATER STAMINA

Tues/Thurs 4:45PM - 5:15PM

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

Mon/Wed 4:00PM - 4:40PM
Tues/Thurs 5:40PM - 6:20PM

STAGE 2 / WATER MOVEMENT

Mon/Wed 4:50PM - 5:30PM
Tues/Thurs 4:00PM - 4:40PM
Tues/Thurs 6:10PM - 6:50PM

STAGE 3 / WATER STAMINA

Mon/Wed 6:30PM - 7:10PM
Tues/Thurs 4:50PM - 5:30PM

STAGE 4 / STROKE INTRODUCTION

Mon/Wed 4:00PM - 4:40PM
Tues/Thurs 6:30PM - 7:10PM

SATURDAY CLASSES

Classes will run for 6 weeks. There will be no class November 28th

SWIM STARTERS

6 MONTHS-3 YEARS OLD

Members: \$59 | Non-Members \$75

A / WATER DISCOVERY

Saturday 9:00 AM - 9:30AM

B / WATER EXPLORATION

Saturday 9:00 AM - 9:30AM

PRESCHOOL STAGES

3-5 YEARS OLD

Members: \$59 | Non-Members: \$75
(Please note Fri/Sat classes once a week)

STAGE 1 / WATER ACCLIMATION

Saturday 9:45 AM - 10:15AM

STAGE 2 / WATER MOVEMENT

Saturday 10:30 AM - 11:00AM

STAGE 3 / WATER STAMINA

Saturday 11:15 AM - 11:45AM

SCHOOL AGE STAGES 5-12 YEARS OLD

Members: \$68 | Non-Members: \$87
(Please note Fri/Sat classes once a week)

STAGE 1 / WATER ACCLIMATION

Saturday 9:00 AM - 9:40AM
Saturday 10:30 AM - 11:10AM

STAGE 2 / WATER MOVEMENT

Saturday 9:50 AM - 10:30AM
Saturday 11:20AM - 12:00PM

STAGE 3 / WATER STAMINA

Saturday 9:40 AM - 10:30AM
Saturday 12:00 PM - 12:40PM

STAGE 4 / STROKE INTRODUCTION

Saturday 12:10 PM - 12:50PM

STAGE 5 / STROKE DEVELOPMENT

Saturday 10:40 AM - 11:20AM

STAGE 6 / STROKE MECHANICS

Saturday 10:40 AM - 11:20AM



SCHOOL AGE STAGES 5-12 YEARS OLD

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

STAGE 5 / STROKE DEVELOPMENT

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

STAGE 6 / STROKE MECHANICS

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



FRIDAY CLASSES

Classes will run for 6 weeks. There will be no class November 27th

TEEN & ADULT STAGES

Members: \$68 | Non-Members: \$87
(Please note Friclasses once a week)

STAGE 1 / WATER ACCLIMATION

Friday 4:30 PM - 5:10PM

STAGE 2 / WATER MOVEMENT

Friday 4:30 PM - 5:10PM
Friday 5:20 PM - 6:00PM

STAGE 3 / WATER STAMINA

Friday 5:20 PM - 6:00PM
Friday 6:10 PM - 6:50PM

STAGE 4 / STROKE INTRODUCTION

Friday 6:10 PM - 6:50PM