JULY SWIM LESSONS

Session Dates:

Members Priority opens: June 17 **Participants Opens: June 22**

Mon/Wed: July 6-22 **8 classes $106/NM $201**

Tues/Thurs: July 7-30 **8 classes $106/NM$201**

Saturday: July 11-August 29 **8 classes $106/$201**

Saturday July 11– Aug. 1 4 classes only $53/ $100

PARENT/CHILD	Ages 6mo-3yrs.	Mon & Wed	Tues & Thurs	Saturday
	Water Discovery & Exploration	5:15-5:45pm	5:30-6:00pm	***9:45-10:15am-4*** ***11:00-11:30am –4***

Stages	Preschool Ages 3-5yrs.	Mon & Wed	Tues & Thurs	Saturday
	1 Water Acclimation **2 Water Movement**	4:00-4:30pm 5:15-5:45pm 6:25-6:55pm	4:00-4:30pm 5:50-6:20pm 6:00-6:30pm	9:15-9:45am 9:45-10:15 11:00-11:30am
	3 Water Stamina **(Must swim independently)** **4 Stroke Introduction**	5:15-5:45pm	5:50-6:20pm	9:45-10:15

Stages	Youth Ages 6-12 yrs.	Mon & Wed	Tues & Thurs	Saturday
	1 Water Acclimation **2 Water Movement**	4:30-5:10pm 5:45-6:25pm 6:15-6:55pm	4:30-5:10pm 6:20-7:00pm	9:00-9:45am 10:15-10:55am ***11:30-12:10pm-4***
	3 Water Stamina **4 Stroke Introduction**	4:30-5:10pm 5:45-6:25pm	5:10-5:50pm 6:30-7:10pm	***10:15-10:55am-4*** 10:55-11:35am
	5 Stroke Development **6 Stroke Mechanics**	5:45-6:25pm	5:10-5:50pm	10:15-10:55am

	Ages 13 & Up	Mon & Wed	Tues & Thurs	
	Teen/Adults	6:25-7:05pm	6:20-7:00pm	***9:00-9:40am-4*** 11:30-12:15pm