

SWIM STARTERS

30 minutes

Facility Members: \$52 | Program Members: \$72

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Discovery* (1:10 pairs)	6 - 30 months	9:30 a.m.	5:20 p.m.				9:00 a.m.	10:45 a.m.
Exploration* (1:6 pairs)	2.5 - 4	5:55 p.m.		9:00 a.m.. 5:55 p.m.		9:30 a.m.	9:50 a.m.	9:50 a.m.

*Parent participation required.

SWIM BASICS

45 minutes

Facility Members: \$56 | Program Members: \$78

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Acclimation A (1:3)	2.5 - 3	10:05 a.m.	5:55 p.m.	11:10 a.m. 4:15 p.m. 6:30 p.m.		5:55 p.m.	9:50 a.m.	10:40 a.m.
Acclimation B (1:4)	4 - 5	10:55 a.m. 4:15 p.m. 5:55 p.m.	5:55 p.m.	9:30 a.m. 4:15 p.m.	4:15 p.m.	4:15 p.m.	10:40 a.m.	9:00 a.m. 11:30 a.m.
Acclimation C (1:6)	6 - 9	6:45 p.m.	4:15 p.m.	5:05 p.m. 5:45 p.m.		5:05 p.m. 7:30 p.m.	11:30 a.m.	9:00 a.m.
Acclimation D (1:6)	10 - 12		6:45 p.m.			5:55 p.m.		12:20 p.m.
Movement A (1:3)	2.5 - 3	4:15 p.m. 5:05 p.m.	4:15 p.m.	10:20 a.m. 4:15 p.m. 6:30 p.m.			9:00 a.m.	9:50 a.m. 11:30 a.m.
Movement B (1:4)	4 - 5	11:45 a.m.	5:05 p.m.	5:00 p.m.		4:15 p.m. 6:45 p.m. 7:30 p.m.	9:00 a.m. 9:50 a.m.	9:50 a.m.
Movement C (1:6)	6 - 9	5:05 p.m.	5:05 p.m.			4:15 p.m. 7:30 p.m.	9:50 a.m.	
Movement D (1:6)	10 - 12	6:45 p.m.						9:00 a.m.
Stamina A (1:3)	2.5 - 3		6:45 p.m.			5:45 p.m.	11:30 a.m.	9:50 a.m.
Stamina B (1:4)	3 - 5	4:15 p.m. 5:45 p.m.	4:15 p.m.	5:05 p.m. 7:15 p.m.			9:50 a.m.	11:30 a.m.
Stamina C (1:6)	6 - 9	4:15 p.m.			4:15 p.m.	5:05 p.m. 6:30 p.m.	12:20 p.m.	
Stamina D (1:6)	10 - 12		7:30 p.m.			6:45 p.m.		

SWIM STROKES

45 minutes

Facility Members: \$56 | Program Members: \$78

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Foundations A* (1:3)	4 - 5		9:15 a.m.				11:30 a.m.	
Introduction A (1:6)	5 - 8	5:05 p.m.	6:45 p.m.	4:15 p.m.		4:15 p.m.	10:40 a.m.	
Introduction B (1:8)	9 - 12		6:45 p.m.			5:05 p.m. 6:45 p.m.		9:00 a.m.
Development A (1:6)	5 - 8		4:15 p.m.			7:30 p.m.	11:30 a.m.	
Development B (1:8)	9 - 12	5:00 p.m. 7:30 p.m.	5:05 p.m.	5:55 p.m.	4:15 p.m.	5:00 p.m.	12:20 p.m.	10:40 a.m.
Mechanics A (1:6)	5 - 8		5:55 p.m.		4:15 p.m.	6:45 p.m.		12:20 p.m.
Mechanics B (1:8)	9 - 12		7:30 p.m.				10:40 a.m.	
Conditioning A (1:8)	6 - 9		6:45 p.m.			5:55 p.m.		10:40 a.m.
Conditioning B (1:8)	10 - 12						12:20 p.m.	

TEEN

45 minutes

Swim Basics/Swim Strokes

Facility Members: \$56 | Program Members: \$78

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Swim Basics Stages 1 - 3	13 - 17		5:05 p.m.	5:55 p.m.			9:00 a.m.	
Swim Strokes Stages 4 - 6	13 - 17		4:15 p.m.				12:20 p.m.	

COMPETITIVE

120 minutes
120 minutes
60 minutes

High School Stroke Conditioning Block
High School Stroke Conditioning
Precompetitive

Facility Members: \$240 | Program Members: \$336
Facility Members: \$120 | Program Members: \$168
Facility Members: \$60 | Program Members: \$84

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Precompetitive	6 - 9 10 - 13		6:15 p.m.	7:15 p.m.	6:00 p.m.	7:15 p.m.	12:00 p.m.	
HS Stroke Conditioning	13 - 17	5:00 p.m.**	7:15 p.m.**	5:00 p.m.**	7:15 p.m.**		11:00 a.m.	

**Block classes meet twice per week, but have the option of registering for only 1 day. Saturday class is once per week.

ADULT

60 minutes
45 minutes

Arthritis Foundation/Ai Chi
Swim Basics/Swim Strokes

Facility Members: \$47 | Program Members: \$63
Facility Members: \$56 | Program Members: \$78

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Swim Basics Stages 1 - 3	18+	9:00 a.m.		10:00 a.m.	9:30 a.m.		8:15 a.m.	9:00 a.m.
Swim Strokes Stages 4 - 6	18+	10:00 a.m.	5:55 p.m.					12:20 p.m.
Aqua Arthritis	18+	10:00 a.m.		10:00 a.m.				
Ai Chi	18+					11:30 a.m.		

SKOR/DIVERSE ABILITIES

45 minutes

Facility Members: \$56 | Program Members: \$78

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Swim Basics	3 - 12				5:00 p.m. 6:00 p.m. 7:00 p.m.			9:00 a.m. 9:45 a.m.
Swim Strokes	3 - 12				5:00 p.m. 6:00 p.m.			9:00 a.m. 9:45 a.m.
Teen	13+				7:00 p.m.			9:00 a.m. 9:45 a.m.

FOR ALL AGES

30 minutes
30 minutes

Private
Semi-private

Facility Members: \$180 | Program Members: \$232
Facility Members: \$103 | Program Members: \$133

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Private (1:1)	3+	4:45 p.m. 5:15 p.m. 6:15 p.m.	4:15 p.m. 5:45 p.m. 6:45 p.m.	4:45 p.m. 5:15 p.m. 6:15 p.m.	4:15 p.m. 5:45 p.m. 6:45 p.m.	4:45 p.m. 5:15 p.m. 6:15 p.m.	9:00 a.m. 9:30 a.m. 10:45 a.m. 11:45 a.m.	9:30 a.m. 10:30 a.m. 11:00 a.m.
Semi-private (1:2)	3+	4:15 p.m. 5:45 p.m.	4:45 p.m. 5:15 p.m. 6:15 p.m.	4:15 p.m. 5:45 p.m.	4:45 p.m. 5:15 p.m. 6:15 p.m.	4:15 p.m. 5:45 p.m. 6:45 p.m.	10:15 a.m. 11:15 a.m.	9:00 a.m. 10:00 a.m. 11:30 a.m.

Private lesson time slots have the option to be twice per week. Please contact Nicole Bizuga at ext. 128 for more information.