

Swim Basics								
Class Duration		45 minutes				Pool		JKR
Class	Age	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Session Dates								
Acclimation- C	9-13 years	5:00 p.m.	6:00 p.m.	4:00 p.m. 5:00 p.m.	6:00 p.m. 7:00 p.m.	7:00 p.m.	12:00 p.m.	10:00 a.m.
Movement- C	9-13 years	4:00 p.m.	5:00 p.m.	6:00 p.m.	7:00 p.m.	7:00 p.m.	1:00 p.m.	
Stamina- C (1:3)	9-13 years	6:00 p.m.		7:00 p.m.		6:00 p.m.	10:00 a.m.	

***Swim Evaluation required**

Swim Strokes								
Class Duration		45 minutes				Pool		JKR
Class	Age	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Session Dates								
Introduction- B (1:4) *	9-13 years	5:00 p.m.	6:00 p.m. 7:00 p.m.	5:00 p.m.	6:00 p.m.	5:00 p.m.	11:00 a.m.	
Development- B (1:4) *	9-13 years			4:00 p.m.	5:00 p.m.	5:00 p.m.	11:00 p.m.	
Mechanics- A (1:4) *	9-13 years				7:00 p.m.	7:00 p.m.	1:00 p.m.	
Pathways	45 minutes							
Class Duration		45 minutes				Pool		JKR
Class	Age	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Session Dates								
Pre-competitive Training (1:4) *	9-13 years		7:00 p.m.		7:00 p.m.			

***Swim Evaluation required**