



# NOVEMBER SWIM LESSONS

Registration opens October 15<sup>th</sup>

LEVEL	DAY	TIME	DATES	PRICE M/PM
<b>6 MONTHS - 3 YEARS OLD (Parent/Child)</b>				
Parent/Tot	M/W	11:00AM	11/02-11/23	\$35/\$55
	SAT	9:30AM	11/07-11/21	\$18/\$28
<b>AGES 3-5 YEARS OLD</b>				
Preschool St. 1	T/TH	9:00AM	11/03-11/24	\$35/\$55
	T/TH	3:00PM	11/03-11/24	\$35/\$55
	SAT	10:00AM	11/07-11/21	\$18/\$28
Preschool St. 1/2	T/TH	5:00PM	11/03-11/24	\$35/\$55
	T/TH	9:00AM	11/03-11/24	\$35/\$55
	T/TH	3:00PM	11/03-11/24	\$35/\$55
Preschool St. 2	T/TH	3:00PM	11/03-11/24	\$35/\$55
	SAT	10:30AM	11/07-11/21	\$18/\$28
	T/TH	9:30AM	11/03-11/24	\$35/\$55
Preschool St. 3/4	T/TH	4:30PM	11/03-11/24	\$35/\$55
	SAT	11:00AM	11/07-11/21	\$18/\$28
	T/TH	9:30AM	11/03-11/24	\$35/\$55
<b>AGES 6-12 YEARS OLD</b>				
School Age St. 1	T/TH	4:30PM	11/03-11/24	\$35/\$55
	SAT	10:30AM	11/07-11/21	\$18/\$28
	SAT	11:00AM	11/07-11/21	\$18/\$28
School Age St. 1/2	T/TH	4:00PM	11/03-11/24	\$35/\$55
	T/TH	9:30AM	11/03-11/24	\$35/\$55
School Age St. 2	T/TH	4:00PM	11/03-11/24	\$35/\$55
	SAT	11:30AM	11/07-11/21	\$18/\$28
School Age St. 2/3	T/TH	3:30PM	11/03-11/24	\$35/\$55
	T/TH	5:30PM	11/03-11/24	\$35/\$55
School Age St. 3	T/TH	4:00 PM	11/03-11/24	\$35/\$55
	T/TH	5:00 PM	11/03-11/24	\$35/\$55
	SAT	11:30AM	11/07-11/21	\$18/\$28
School Age St. 3/4	T/TH	3:30PM	11/03-11/24	\$35/\$55
School Age St. 4	T/TH	4:30PM	11/03-11/24	\$35/\$55
	T/TH	5:00PM	11/03-11/24	\$35/\$55
School Age St. 4/5	T/TH	5:30PM	11/03-11/24	\$35/\$55
School Age St. 5	T/TH	6:00PM	11/03-11/24	\$45/\$65
School Age St. 5	T/TH	6:45PM	11/03-11/24	\$45/\$65
School Age St. 6	M/W	6:30PM	11/02-11/23	\$45/\$65
<b>AGES 8-14 YEARS OLD</b>				
Junior Swim Club (approval needed)	T/TH	6:30PM	11/03-11/24	\$45/\$65
<b>ADULT SWIM LESSONS</b>				
ADULT	T/TH	2:30PM	11/03-11/24	\$35/\$55

pre-registration is required and early registration is strongly recommended as space is limited  
CANCELLATIONS MADE WITHIN ONE WEEK OF START DATE OF LESSONS ARE NON-REFUNDABLE

## STAGE GUIDE



**STAGE 1**  
Acclimate students to become comfortable in and under water



**STAGE 2**  
Learn skills necessary to float on front and back without assistance



**STAGE 3**  
Learn to swim 10-15 yards on front and back



**STAGE 4**  
Front and back stroke introduction 15 yards



**STAGE 5**  
Enhance front and back stroke development, introduce breaststroke



**STAGE 6**  
Enhance front, back and breaststroke technique

