

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price
-------	--------	--------	---------	-----------	----------	--------	----------	-------

AQUATICS PROGRAMS

SUMMER SPLASH- CLASSES MEET 3 TIMES PER WEEK. TUES/WED/ THURS FOR 3 WEEKS. (SESSION 1: JULY 5-JULY20 OR SESSION 2: JULY 25-AUGUST 8)

Stage 1 Water Acclimation Preschool (Preschool)	Stage 2 Water Movement (Preschool)	Stage 2 Stamina (School Age)	Stage 3 Stroke Introduction (School Age)	Stage 4 Stroke Development (School Age)	Full	Program
12:05-12:35pm N	12:05-12:35pm N	12:45-1:15pm N	12:45-1:15pm N	2:40-3:10pm N	\$146	\$185



INFANT/TODDLER SWIM LESSONS (6 MONTHS– 3 YEARS OLD WITH PARENT) Classes meet once per week for 9 weeks. Starting June 25th

STAGE: A/B Swim Starts	9:05-9:35am A	9:40-10:10am N 2:15-2:45pm A	6:10-6:40pm A	8:45-9:15am A	8:45-9:15am A	9:05-9:35am A	9:45-10:15am A 10:25-10:55am A	Full	Program
								\$146	\$185

PRESCHOOL SWIM LESSONS (3-5 YEARS OLD) Classes meet once per week for 9 weeks. 30 minutes

STAGE 1 Water Acclimation	9:45-10:15am A 11:05-11:35am A	1:00-1:30 pm A 3:15-3:45pm A 4:05-4:35pm N	4:45-5:15 pm N		4:45-5:15pm N	1:40-2:10pm N 4:05-4:35pm A	9:05-9:35am A 10:30-11:00am N 11:05-11:35am A	Full	Program
								\$146	\$185
STAGE 2 Water Movement	9:05-9:35am A 10:25-10:55am A	9:00-9:30am N 4:05-4:35pm N	4:05-4:35pm N	4:45-5:15pm N	4:05-4:35pm N	2:20-2:50pm N 4:45-5:15pm A	9:05-9:35am A 11:10-11:40am N	Full	Program
								\$146	\$185
STAGE 3 Water Stamina	11:50-12:20pm N			5:25-5:55pm N		3:15-3:45pm A	11:05-11:35am A	Full	Program
								\$146	\$185
STAGE 4 Stroke Introduction	9:50-10:20am N					4:45-5:15pm A		Full	Program
								\$146	\$185

SCHOOL-AGE SWIM LESSONS (6-12 YEARS OLD) Classes meet once per week for 9 weeks. 30 minutes

STAGE 1 Water Acclimation	9:10-9:40am N		4:05-4:35pm N		4:05-4:35pm N	1:00-1:30pm N	9:10-9:40am N	Full	Program
								\$146	\$185
STAGE 2 Water Movement	9:50-10:20am N 10:30-11:00am N	12:20-12:50pm N	5:25-5:55pm N	4:05-4:35pm N	4:45-5:15pm N	5:25-5:55pm A	9:50-10:20am N 10:30-11:00am N	Full	Program
								\$146	\$185
STAGE 3 Water Stamina	10:30-11:00am N 11:10-11:40am N	4:45- 5:15 pm N	4:45-5:15pm N	4:45-5:15pm N	5:25-5:55pm N	4:05-4:35pm A	9:50-10:20am N 10:25-10:55am A	Full	Program
								\$146	\$185
STAGE 4 Stroke Introduction	9:10-9:40am N 10:25-10:55am A 11:50-12:20pm N	2:20-2:50pm N 4:45-5:15pm N	5:25-5:55pm N	4:05-4:35pm N	5:25-5:55pm N	4:45-5:15pm A	9:10-9:40am N 9:45-10:15am A 11:50-12:20pm N	Full	Program
								\$146	\$185
STAGE 5 Stroke Development	9:45-10:15am A 11:05-11:35am A	5:25-5:55pm N		5:25-5:55pm N		5:25-5:55pm A	11:10-11:40am N	Full	Program
								\$146	\$185
STAGE 6 Stroke Mechanics	11:10-11:40am N					5:25-5:55pm A	11:50-12:20pm N	Full	Program
								\$146	\$185

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price		
								Full	Program	
AQUATICS PROGRAMS										
TEEN SWIM LESSONS (12-17 YEARS OLD) Classes meet once per week for 9 weeks. 45 minutes										
TEEN BASICS (Stages 1-4)	11:45-12:30pm A						11:45pm-12:30am	\$163	\$200	
TEEN STROKES (Stages 5-6)	11:45-12:30pm A			6:05-6:50pm N			11:45am-12:30am	\$163	\$200	
ADULT SWIM LESSONS (18+ YEARS OLD) Classes meet once per week for 9 weeks. 45 minutes										
ADULT BASICS (Stage 1-4)			8:30-9:15am A 6:50-7:35pm A					\$163	\$200	
COMPETITION Classes meet once per week for 9 weeks. 45 minutes										
SWIM CLUB		6:05-6:50pm N			6:05-6:35pm N			\$163	\$200	
LEADERSHIP Classes meet once per week for 9 weeks. 45 minutes										
INSTRUCTOR PREP				4:45-5:15pm N				\$146	\$185	
LIFEGUARD PREP				7:00-7:45pm N				\$163	\$200	
AQUA FITNESS CLASSES (18+ YEARS OLD) Classes meet once per week for 9 weeks										
HYDRO FIT		9:00-10:00am A				8:00-9:00am N		\$100	\$200	
WATER WALKING		10:10-11:10am						\$100	\$200	
AQUA POWER			8:00-9:00am N		7:00-8:00pm N			\$100	\$200	

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
HEALTH AND WELLNESS								Full	Program
ADULT FITNESS (AGES 18+) Classes meet once per week for 10 weeks.									
SMALL GROUP TRAINING		8:00-9:00am		8:00-9:00am	11:00-12:00pm	8:00-9:00am 9:45-10:45am		\$160	\$185
ACTIVE SENIOR SMALL GROUP TRAINING				11:30-12:30pm 12:30-1:30pm				\$160	\$185
BONE DENSITY SMALL GROUP TRAINING			11:00-12:00pm					\$160	\$185
INSTRUCTIONAL BOXING					5:30-6:30pm			\$160	\$185
PICKLEBALL SPORTS CONDITIONING (5 weeks)				7:00-8:00am					\$75 (5weeks)
								Full	Program
YOUTH ENRICHMENT									
YOU & ME TUMBLING (18-36 MONTHS)							10:15-11:00am	\$110	\$142