



Youth Swim Lesson Schedule Summer 2019

FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY[™]

Swim Basics			Swim Strokes			Swim Assessments	
1 Water Acclimation	2 Water Movement	3 Water Stamina	4 Stroke Introduction	5 Stroke Development	6 Stroke Mechanics	DATE	TIME
						San Jan 5	10:30a-10:45a
Increases comfort with Underwater exploration and introduces basic self-rescue skills performed with assistance.	Encorages forward movement in water and basic self-rescue skills performed independently.	Developes intermediate self-rescue skills performed at longer distances than in previous stages.	Indtroduces basic stroke technique in front crawl and reinforces water safety through treading water and elementary backstroke.	Introduces breakstroke and butterfly and reinforces water safety through treading water and sidestroke.	Refines stroke techique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.	Sat Jan 12	10:30a-10:45a
Tuesday and Thursday			Tuesday and Thursday			Sat Jan 19	10:30a-10:45a
5:10p-5:40p	5:10p-5:40p	5:10p-5:40p	5:10p-5:40p	5:00-5:45p	5:00p-6:00p	Sat Jan 26	10:30a-10:45a
5:50p-6:20p	5:50p-6:20p	5:50p-6:20p	5:50p-6:20p	6:00-6:45p	6:00p-7:00p	Tue Jan 29	4:45p-5:00p
6:30p-7:00p	6:30p-7:00p	6:30p-7:00p	6:30p-7:00p			Sat Feb 2	10:30a-10:45a
June 4-27			June 4-27			Sat Feb 9	10:30a-10:45a
July 9-Aug 1			July 9-Aug 1			Sat Feb 16	10:30a-10:45a
Aug 6-29			Aug 6-29			Sat Feb 23	10:30a-10:45a
Monday thru Thursday			Monday thru Thursday			Tue Feb 26	4:45p-5:00p
9:10a-9:40a	9:10a-9:40a	9:10a-9:40a	9:10a-9:40a	9:10-9:55a	9:10a-10:10a	Sat Feb 23	10:30a-10:45a
9:50a-10:20a	9:50a-10:20a	9:50a-10:20a	9:50a-10:20a			Tue Feb 26	4:45p-5:00p
June 3-13			June 3-13			Sat Mar 2	10:30a-10:45a
June 17-27			June 17-27			Sat Mar 9	10:30a-10:45a
July 8-18			July 8-18			Sat Mar 16	10:30a-10:45a
July 22-Aug 1			July 22-Aug 1			Sat Mar 23	10:30a-10:45a
Cost: Members: Priority Registration begins on the 10th of the month prior. Community begins the 15th			Members: \$35 Community: \$70			Tue Mar 26	4:45p-5:00p
			*Prices prorated for shorter sessions, not prorated for late registrations. Registration closes at 5pm on the first day of class.			Sat Apr 6	10:30a-10:45a
						Sat Apr 13	10:30a-10:45a
						Sat Apr 27	10:30a-10:45a
						Sat May 4	11:00a-11:15a
						Sat May 11	11:00a-11:15a
						Sat May 18	11:00a-11:15a
						Tue May 28	4:45p-5:00p
						Sat June 8	11:00a-11:15a
						Sat June 15	11:00a-11:15a
						Sat June 22	11:00a-11:15a
						Tue Jun 25	4:45p-5:00p