

IN CASE OF INCLEMENT WEATHER,
canceled morning classes will be
rescheduled to the same time on
Friday. Evening canceled classes will
be rescheduled to Saturday morning
from 8:30AM-10:15AM.

Parent/Child

Parents will be guided by an
instructor in helping their
students gain comfortability in
the water.

Water Discovery Preschool 1

Students will enter the water
without a parent. Skills
introduced: water adjustment,
breath control, floating with
support, and arm and leg action.

Water Exploration Preschool 2

Students will review breath
control, arm and leg action,
floating on front and back with
support, and gliding with support.

Water Acclimation Level 1

Students will review breath
control, practice independently
floating on front and back,
coordinating arm and leg action,
and gliding with and without
support.

Water Movement Level 2

Students who have learned breath
control and floating will develop
their front and back glides and
practice using arms and legs both
simultaneously and independently.

Stroke Introduction Level 3

Students will begin focusing on
specific strokes and developing
the stamina to swim 10-15 yards
on their front and back. Skills
introduced: treading water
without support and diving.

Stroke Development Level 4

Students will practice front
crawl, breaststroke, backstroke,
and sidestroke. Treading water
will be mastered and butterfly
stroke introduced.

Stroke Mechanics Level 5

Students will develop front
crawl, backstroke, and
breaststroke, and learn to swim
a distance of 25 yards in each.

Stroke Stamina Level 6

Students will learn to swim 50
yards of front crawl, backstroke,
and breaststroke, continuing to
develop sidestroke and butterfly.

Adult Swim

Students who are beginner
or intermediate swimmers
will learn or refine their basic
swimming skills.

Jr. Lifeguard

Students will learn skills to
prepare them for a lifeguard
certification. Skills will include
in-water rescues, first aid, CPR
and AED training.

2026 SWIM LESSON SCHEDULE

MORNING SCHEDULE

Session 1 June 1-11	Session 2 June 15-25	Session 3 July 6-16
Parent/Child (6 months-3yrs) 10:30-11:00AM (101)	Parent/Child (6 months-3yrs) 10:30-11:00AM (201)	Parent/Child (6 months-3yrs) 10:30-11:00AM (301)
Preschool 1 (3yrs-5yrs) 8:30-9:15AM (102) 9:30-10:15AM (103) 10:30-11:15AM (104)	Preschool 1 (3yrs-5yrs) 8:30-9:15AM (202) 9:30-10:15AM (203) 10:30-11:15AM (204)	Preschool 1 (3yrs-5yrs) 8:30-9:15AM (302) 9:30-10:15AM (303) 10:30-11:15AM (304)
Preschool 2 (4yrs-5yrs) 8:30-9:15AM (105) 9:30-10:15AM (106)	Preschool 2 (4yrs-5yrs) 8:30-9:15AM (205) 9:30-10:15AM (206)	Preschool 2 (4yrs-5yrs) 8:30-9:15AM (305) 9:30-10:15AM (306)
Level 1 (Ages 6+) 8:30-9:15AM (107) 9:30-10:15AM (108) 10:30-11:15AM (109)	Level 1 (Ages 6+) 8:30-9:15AM (207) 9:30-10:15AM (208) 10:30-11:15AM (209)	Level 1 (Ages 6+) 8:30-9:15AM (307) 9:30-10:15AM (308) 10:30-11:15AM (309)
Level 2 (Ages 6+) 8:30-9:15AM (110) 9:30-10:15AM (111) 10:30-11:15 (112)	Level 2 (Ages 6+) 8:30-9:15AM (210) 9:30-10:15AM (211) 10:30-11:15 (212)	Level 2 (Ages 6+) 8:30-9:15AM (310) 9:30-10:15AM (311) 10:30-11:15 (312)
Level 3 (Ages 7+) 8:30-9:15AM (113) 9:30-10:15AM (114) 10:30-11:15AM (115)	Level 3 (Ages 7+) 8:30-9:15AM (213) 9:30-10:15AM (214) 10:30-11:15AM (215)	Level 3 (Ages 7+) 8:30-9:15AM (313) 9:30-10:15AM (314) 10:30-11:15AM (315)
Level 4 (Ages 8+) 9:30-10:15AM (116) 10:30-11:15AM (117)	Level 4 (Ages 8+) 9:30-10:15AM (216) 10:30-11:15AM (217)	Level 4 (Ages 8+) 9:30-10:15AM (316) 10:30-11:15AM (317)
Level 5 (Ages 8+) 9:30-10:15AM (118) 10:30-11:15AM (119)	Level 5 (Ages 8+) 9:30-10:15AM (218) 10:30-11:15AM (219)	Level 5 (Ages 8+) 9:30-10:15AM (318) 10:30-11:15AM (319)
Level 6 (Ages 8+) 9:30-10:15AM (120) 10:30-11:15AM (121)	Level 6 (Ages 8+) 9:30-10:15AM (220) 10:30-11:15AM (221)	Level 6 (Ages 8+) 9:30-10:15AM (320) 10:30-11:15AM (321)

EVENING SCHEDULE

Session 1 June 1-11	Session 2 June 15-25	Session 3 July 6-16
Parent/Child (6 months-3yrs) 6:30-7:00PM (401)	Parent/Child (6 months-3yrs) 6:30-7:00PM (501)	Parent/Child (6 months-3yrs) 6:30-7:00PM (601)
Preschool 1 (3yrs-5yrs) 6:30-7:15PM (402) 7:30-8:15PM (403)	Preschool 1 (3yrs-5yrs) 6:30-7:15PM (502) 7:30-8:15PM (503)	Preschool 1 (3yrs-5yrs) 6:30-7:15PM (602)
Preschool 2 (4yrs-5yrs) 6:30-7:15PM (404) 7:30-8:15PM (405)	Preschool 2 (4yrs-5yrs) 6:30-7:15PM (504) 7:30-8:15PM (505)	Preschool 2 (4yrs-5yrs) 6:30-7:15PM (603) 7:30-8:15PM (604)
Level 1 (Ages 6+) 6:30-7:15PM (406) 7:30-8:15PM (407)	Level 1 (Ages 6+) 6:30-7:15PM (506) 7:30-8:15PM (507)	Level 1 (Ages 6+) 6:30-7:15PM (605) 7:30-8:15PM (606)
Level 2 (Ages 6+) 6:30-7:15PM (508) 7:30-8:15PM (509)	Level 2 (Ages 6+) 6:30-7:15PM (408) 7:30-8:15PM (409)	Level 2 (Ages 6+) 6:30-7:15PM (607) 7:30-8:15PM (608)
Level 3 (Ages 6+) 6:30-7:15PM (510)	Level 3 (Ages 6+) 6:30-7:15PM (410) 7:30-8:15PM (411)	Level 3 (Ages 6+) 6:30-7:15PM (609)
Level 4 (Ages 8+) 7:30-8:15PM (511)	Level 4 (Ages 8+) 6:30-7:15PM (412)	Level 4 (Ages 8+) 6:30-7:15PM (610)
Level 5 (Ages 8+) 7:30-8:15PM (513)	Level 5 (Ages 8+) 7:30-8:15PM (413)	Level 5 (Ages 8+) 7:30-8:15PM (611)
Level 6 (Ages 8+) 6:30-7:15PM (514) 7:30-8:15PM (515)	Adult Swim (Ages 16+) 6:30-7:30PM (414)	Level 6 (Ages 8+) 6:30-7:15PM (612)
Adult Swim (Ages 16+) 6:30-7:30PM (516)		Jr. Lifeguard (Ages 11-14) 6:30-8:15PM (613)

NUMBERS LOCATED NEXT TO EACH TIME SLOT CORRELATE WITH ONLINE REGISTRATION.