

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.

2026 SWIM LESSON SCHEDULE

MORNING SCHEDULE

EVENING SCHEDULE

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.

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)

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 (408) 7:30-8:15PM (409)	Level 2 (Ages 6+) 6:30-7:15PM (508) 7:30-8:15PM (509)	Level 2 (Ages 6+) 6:30-7:15PM (607) 7:30-8:15PM (608)
Level 3 (Ages 6+) 6:30-7:15PM (410) 7:30-8:15PM (411)	Level 3 (Ages 6+) 6:30-7:15PM (510)	Level 3 (Ages 6+) 6:30-7:15PM (609)
Level 4 (Ages 8+) 6:30-7:15PM (412)	Level 4 (Ages 8+) 7:30-8:15PM (511)	Level 4 (Ages 8+) 6:30-8:15PM (610)
Level 5 (Ages 8+) 7:30-8:15PM (413)	Level 5 (Ages 8+) 6:30-7:15PM (512) 7:30-8:15PM (513)	Level 5 (Ages 8+) 7:30-8:15PM (611)
Adult Swim (Ages 16+) 6:30-7:30PM (414)	Level 6 (Ages 8+) 6:30-7:15PM (514) 7:30-8:15PM (515)	Level 6 (Ages 8+) 7:30-8:15PM (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.