SWIM LESSONS

Y Member: $48.00 for 8 classes
Program Member: $80.00 for 8 classes

All ages — from infants to seniors — can learn to swim. Our lessons fit students into different swim levels to ensure an efficient and fulfilling lesson, maximizing the learning potential in every session.

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<thead>
<tr>
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<th>Monday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>Parent &amp; Child Stage A/B</td>
<td>3:30 - 4:00pm</td>
<td>10:00-10:30am</td>
<td>4:20 - 4:50pm</td>
<td>9:30 - 10:00am</td>
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<tr>
<td>Stage 1 Water Acclimation</td>
<td>4:00—4:30pm</td>
<td>10:30 -11:00 am</td>
<td>4:50 - 5:20pm</td>
<td>10:30 - 11:00am</td>
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<tr>
<td>Stage 2 Water Movement</td>
<td>4:30 - 5:00pm</td>
<td>11:11-11:30am</td>
<td>5:20—5:50pm</td>
<td>10:00 - 10:30am</td>
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<tr>
<td>Stage 3 Water Stamina</td>
<td>5:00 - 5:30pm</td>
<td>11:30-12pm</td>
<td>5:50 - 6:20pm</td>
<td>11:00 -11:30am</td>
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<tr>
<td>Level 1 Water Acclimation</td>
<td>4:00 - 4:30pm</td>
<td>4:50 - 5:20pm</td>
<td>10:30 - 11:00am</td>
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<tr>
<td>Level 2 Water Movement</td>
<td>4:30 - 5:00pm</td>
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<td>Level 3 Water Stamina</td>
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<tr>
<td>Level 4 Stroke Introduction</td>
<td>5:30—6:10pm</td>
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<td>4:30 - 5:10pm</td>
<td>11:30 -12:00pm</td>
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<tr>
<td>Level 5 Stroke Development</td>
<td></td>
<td>6:20 - 7:00pm</td>
<td>5:10 - 5:50pm</td>
<td>12:00-12:40pm</td>
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<tr>
<td>Level 6 Stroke Mechanics</td>
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<td>5:50 - 6:30pm</td>
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<td>9:00 - 9:30am</td>
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<tr>
<td>Teens and Adults Lessons</td>
<td>5:30 - 6:10pm</td>
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<td>6:30 - 7:10pm</td>
<td>8:40—9:20am</td>
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**Custom and Spotlight Swim Lessons**  
Ages 3 & Up  
Times to be Arranged. Individualized instruction, 30-40 minute lessons. Instructors will work with you to develop a personalized program for swimmers of any age or ability. See website for pricing.

**Diverse Abilities Swim Lessons**  
Ages 3 & Up  
$56.00 per 8 Classes  
Aquatic exercise is highly recommended for children and adults with special needs. Most people are able to learn to swim with patient, caring swim instructors. This program is open to those with (but not limited to) Autism, Cerebral Palsy, MS, Down syndrome, and physical limitations. Parents or care givers work with the instructor to set goals and swimmers work one-on-one with an instructor to reach those goals. 30 minute classes.

**Red Cross Blended Learning Lifeguard Certification**  
Recert  
Y Member: $200.00 $100.00  
Program Member: $235.00 $125.00  
Full Course Dates: February 8-10  
April 5-7  
May 3-5  
Recertification Dates: 10:00am - 6:00pm  
January 27  
March 3  
Lifeguard Certification is a professional certification. You will be certified for 2 years in Lifeguard, CPR, AED, First Aid, Bloodborne Pathogens and Oxygen. You are a first responder and have a duty to prevent injury. Our training supplies you with a CPRO mask, gloves, whistle, and fanny pack. Our training is in a pool with a deep end. Our mannequins meet the new 2019 standards. One week preregistration is MANDATORY. Please go to the website for more details.

**Water Fitness**  
Monday-Friday  8:00 - 9:00am  
Monday-Friday  9:00 - 9:45am  
Tuesday/Thursday  12:00 - 12:45pm  
Wednesday  4:00 - 4:45pm  
**Evening Class**  
(Shallow and Deep End)  
Monday/Tuesday/Thursday  7:00-7:45pm

**CPR/AED/FIRST AID**  
Y Member: $45.00  
Program Member: $65.00  
Do you need CPR, AED and/or First Aid? We offer classes the second Tuesday of every month (6:00-9:30pm). This is a blended learning class. You will need to complete an online portion prior to the beginning of class. Three participants are needed to hold class.