

Swim Lesson Sample Schedule for January/February/March 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			6am: Adult Swim			
9	WB Splash&Play	WB Splash&Play	WB Beginners	WB Intermediate	2A	1P2 WB S&P & Beg
9:30	1P1	1P2	WB Advanced	2B	2A 2B	1P1
10	2B	2A	1P1	2B	1P2 2A	2B
10:30	2A	1P2	1P2	1P1	3+ 1P2	2A
11					2A 2B	1P1
11:30					2A 1P1	2B
12	1P2		2A			
12:30	1P2					
1	2A		1P2			
1:30	2B	1P2	2B	2B		
4		2B	2A	1P2	1P1	1P2 2A
4:30	2A	1P2	2B	2A	1P1 2A	2A 1P1 2A
5:00	2B	2B	WB Int.	2A	SN Beg	2B 1P2 2B 2B
5:30	1P2	2A		2B	SN Beg	2A 1P1 2A 1P1
6:00	2B	1P1		3+	1P2	1P2 2B 3+ 1P2
6:30	3+			Kid Advanced Swim		
7:00	Adult Learn to Swim					

Need a little help with levels? Or give us a call and we can help you straight away. 673-7123 x204

Water Babies: (All WB classes are parent involvement)

WB Splash & Play: 6weeks & up - no skill requirement - Beginner water experience through songs and play.

WB Beginner: 12m & up - Already comfortable in the water. A little more instruction and a little less play.

WB Intermediate: 2y & up - For the baby you consider a fish - no apprehensions and no fears. Ready to be swimming underwater & independent.

This is a floatation device class (we will provide).

WB Advanced: 2y & up - Participation in a previous class required, placement by instructors. This class is geared towards that super star swimmer not yet 3y - ready to learn how to swim without floatation devices and parent.

1P1	Child is at least 3yrs old. Never been in lessons before. No experience or not sure how child will perform.
1P2	Child has been in lessons before. Face is comfortably in the water. No apprehensions, no fears. A GREAT listener.
2A	Child is independently swimming above water (no floatation or help) for a minimum of 5ft. Gives everything a try.
2B	A very strong dog paddler. Shallow end, deep end, no apprehensions, no fears, NEVER needs any assistance. Child will be swimming 1/2 in Kidney Pool and 1/2 in Lap Pool - working on freestyle and backstroke.
3 & UP	Child can swim freestyle with rhythmic breathing / arms out of pool and backstroke 25mtr of the Lap Pool.

Advanced Swimming: for the level 3& up looking for more of a challenge. 45m program: lap swimming with coach instruction

Adult Learn to Swim: Any ability is welcome. 18yrs or older. 1/2 Hour class, geared towards your specific goals.

Special Needs Aquatics:

Beginner: Shallow End of Kidney pool: Independent swimmer or accompanied by an adult. Stroke development & Play.

Advanced: Class in Lap Pool: Good stroke skills and ready to swim several lengths of the pool without stopping.