

## Fall Swim Schedule

**\$45 per Session (8 Classes)**

### Monday & Wednesday

Session 1 - September 20 - October 13  
Session 3 - October 25 - November 17

### Tuesday & Thursday

Session 2 - September 21 - October 21  
(No swim on September 28 & October 5)  
Session 4 - October 26 - November 18

### Saturday Swim Lessons Schedule

Session A - Sept 25 - Nov 20 (No swim on October 30)

The Swimming For Safety program is designed with your child in mind. We offer Parent & Child classes as an introduction to our pool and the water. After the child reaches 4 years or older, we offer leveled swimming (Level 1 - 4). We teach how to be comfortable in the water, back floats, front floats and kicking. As they progress they will be introduced to front crawl and back crawl. While they start with assistance, by the end of Level 4 they will be able to swim both front and back crawl by themselves for at least two lengths of the pool.

## Parent & Child

Join your child in the pool and learn how you can help teach your child introductory swimming skills including front and back floats, bobs, and ice cream scoopers through singing songs and other in-water activities.

Session 1 - 6:00 PM - 6:30 PM  
Session 2 - 6:00 PM - 6:30 PM  
Session 3 - 6:00 PM - 6:30 PM  
Session 4 - 6:00 PM - 6:30 PM  
Session A - 8:00 AM - 8:30 AM  
Session A - 9:00 AM - 9:30 AM

## Level 1

With assistance from an instructor or aide, swimmers become more comfortable in the water and start to learn how to swim and be safe in and around the water. This will be done by working on bobs, front and back floats, kicking and arm strokes.

Session 1 - 6:30 PM - 7:00 PM  
Session 2 - 6:30 PM - 7:00 PM  
Session 3 - 6:30 PM - 7:00 PM  
Session 4 - 6:30 PM - 7:00 PM  
Session A - 8:30 AM - 9:00 AM  
Session A - 9:30 AM - 10:00 AM

## Level 2

Swimmers will develop the confidence to start swimming front crawl and back crawl by themselves and learn more about being safe around the pool. The goal is to swim 10 yards unassisted in both front crawl and back crawl. This will be done by front floats, back floats, kicking, arm strokes and learning how to tread water.

Session 1 - 6:00 PM - 6:50 PM  
Session 2 - 6:00 PM - 6:50 PM  
Session 3 - 6:00 PM - 6:50 PM  
Session 4 - 6:00 PM - 6:50 PM  
Session A - 8:00 AM - 8:50 AM  
Session A - 10:00 AM - 10:50 AM

## Level 3

Swimmers will extend their confidence and ability to swim. Their goal will be to complete 25 yards in both front crawl and back crawl without stopping.

Session 1 - 6:00 PM - 6:50 PM  
Session 3 - 6:00 PM - 6:50 PM  
Session A - 9:00 AM - 9:50 AM  
Session A - 10:00 AM - 10:50 AM

## Level 4

Level 4 will further your technique in freestyle and backstroke by swimming 50 yards (non-stop) and introducing butterfly and breast strokes.

Session 2 - 6:00 PM - 6:50 PM  
Session 4 - 6:00 PM - 6:50 PM  
Session A - 11:00 AM - 11:50 AM

## Fall Swim Schedule

### Monday - Thursday

**Session 1** - September 20 - October 14

(No swim on Sept 28 & Oct 5)

**Session 2** - October 26 - November 18

**Session 3** - November 22 - December 22

(No Swim on Nov 24, 25 & Dec 7)

WE WILL HAVE SWIM MEETS THIS SESSION.  
More information coming soon.



## Open Swim

Meets: Saturdays  
Dates: Sept 25 - Nov 20 (No Open Swim on October 30)  
Time: 11:00 AM - 1:00 PM  
Cost: \$2.00 per visit

## Adult Lap Swim

Meets: Saturdays  
Dates: Sept 25 - Nov 20 (No Open Swim on October 30)  
Time: 8:00 - 9:00 AM or 11:00 - 1:00 PM  
Cost: \$2.00 per visit

## Junior Fighting Swordfish

Junior Fighting Swordfish is swimming for fun while learning valuable swim techniques in all four competitive strokes. Will be introduced to competitive starts (diving from starting blocks) as well as appropriate turns for each stroke.

**Must be able to swim 50 freestyle yards  
in good form or pass level 4.**

Meets: Monday - Thursday  
Time: 7:00 - 8:00 PM  
Cost: \$56

## Elite Fighting Swordfish

**NEED TO PASS TIME TRIAL to enter this program**

This program is designed for swimmers who want to be competitive with their swim strokes. We will be working on all four swimming strokes, starts, turns and swim yardage. There will be a 15 minute dry-land component to the workouts so come prepared with both workout clothes and swim gear.

**Must be able to swim 50 freestyle yards in 45 seconds or less.**

Meets: Monday - Thursday  
Time: 7:00 - 8:30 PM  
Cost: \$72

## Club Fighting Swordfish

**NEED TO PASS TIME TRIAL to enter this program**

This program is designed for swimmers who want to be competitive with their swim strokes. We will be working on all four swimming strokes, starts, turns and swim yardage. There will be a 30 minute dry-land component to the workouts so please come prepared with both workout clothes and swim gear.

**Must be able to swim 50 freestyle yards in 40 seconds or less.**

Meets: Monday - Thursday  
Time: 6:30 - 8:30 PM  
Cost: \$88