

KEY: MP-Main Pool; SP-Small Pool

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Parent & Child: Ages 6 months - 3 years (Member:\$60)

H2O Discovery (Small Pool)	9:00-9:30		5:30-6:00		9:00-9:30	8:00-8:30	
	5:30-6:00						
H2O Exploration (Small Pool)	9:00-9:30		5:30-6:00		9:00-9:30	8:45-9:15	
	5:30-6:00						
H2O Acclimation (Small Pool)							

Preschool: Ages 3 years - 5 years (Member \$77)

H2O Acclimation (Small Pool)						9:30-10:00	
	4:00-4:30		4:00-4:30			11:00-11:30	
H2O Movement (Small Pool)						10:15-10:45	
	4:45-5:15		4:45-5:15			11:45-12:15	
H2O Stamina (Main Pool)		4:15-4:45				10:30-11:00	
Stroke Intro (Main Pool)							

School Age: Ages 6 years - 12 years (Member \$86)

H2O Acclimation (Main Pool)	4:00-4:45		4:00-4:45			9:30-10:15	
H2O Movement (Main Pool)	4:00-4:45		4:00-4:45			9:30-10:15	
H2O Stamina (Main Pool)						12:30-1:15	
Stroke Intro (Main Pool)	5:00-5:45		5:00-5:45	5:00-5:45		11:35-12:20	
Stroke Development (MP)		5:00-5:45				12:30-1:15	
Stroke Mechanics (Main Pool)						12:30-1:15	

Teen and Adult: Ages 12+ years and older (Member \$86)

H2O Movement (Main Pool)				7:30-8:15			
Stroke Intro (Main Pool)		6:00-6:45					

Adaptive: Ages 3+ years (Member \$86)

Adaptive Youth (Main Pool)					4:30-5:15		
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