



Lyndon P. Lorusso YMCA  
 2245 Iyannough Road  
 West Barnstable, MA 02668

**January 8-February 3**

**PM SWIM LESSONS SCHEDULE**

	Monday	Tuesday	Wednesday	Thursday
3:30-4:00 PM	Water Acclimation 3-5 yrs Maggie		Water Movement 3-5 yrs Maggie	
	Water Acclimation 3-5 yrs Stephanie			
4:05-4:35PM	Water Stamina 3-5 yrs Maggie		Water Stamina 3-5 yrs Maggie	
	Water Stamina (LP) 6-12 yrs Stephanie			
4:40-5:10PM	Stroke Intro (SP) 3-5 yrs Maggie		Water Stamina 6-12 yrs Maggie	
	Water Stamina (LP) 6-12 yrs Stephanie			
5:15-5:45PM	Water Movement 3-5 yrs Stephanie		Stroke Intro 6-12 (LP) Maggie	
	Stroke Intro 6-12 yrs (LP) Maggie			
5:30-6:00 PM	X	X	Parent/Child Water Discovery A&B Susan	X
5:50-6:20PM	Stroke Mechanics 6-12 yrs (LP) Stephanie		Stroke Development 6-12 yrs (LP) Maggie	
	Water Movement 3-5 yrs Maggie		X	
6:00PM	Teen & Adult (LP) Susan		Teen & Adult (LP) Susan	
6:25-6:55 PM	Water Movement 6-12 yrs (LP) Stephanie			
7:00-7:35 PM	Water Movement 6-12 yrs (LP) Stephanie			

**\*\* (LP) LARGE POOL**



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## January 8-February 3

### AM SWIM LESSONS SCHEDULE

	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-8:30 AM					Water Discovery A Parent/Child Stephanie
8:35-9:05AM					Water Discovery B Parent/Child Stephanie
9:10-9:40AM					Water Stamina 3-5 yrs Stephanie
					Adaptive Swim 3-5 yrs Diana
9:45-10:15AM					Water Movement 3-5 yrs Diana
					Water Acclimation 3-5 yrs Stephanie
10:20-10:50AM					Water Stamina 3-5 yrs Diana
					Water Acclimation 3-5 yrs Stephanie
10:55-11:25 AM					Water Movement 3-5 Stephanie
					Water Movement 3-5 yrs Diana
11:30-12PM					Water Acclimation 3-5 yrs Diana
					Water Movement 3-5 Stephanie
12:05-12:35 PM					Water Stamina 3-5 Stephanie
12:40-1:05 PM					