

Spring Group Swim Lessons

Tuesday Evening Fall Lessons—8 Week Sessions

March 24—May 12

4:00-4:30

PK Combined

5:15-5:45

Level 1 & 2 Combined

4:30-5:00

Parent-Tot

5:45-6:15

Level 3A*



Wednesday Evening Fall Lessons—8 Week Sessions

March 25—May 20 (No Class April 1st)

4:00-4:30

PK 1

4:30-5:00

PK 2

5:00-5:30

Level 1

Thursday Evening Fall Lessons—8 Week Sessions

March 26— May 14

5:30-6:00

PK Combined

6:00-6:30

Level 1

6:30-7:00

Level 2

Friday Evening Swim Workshops—8 Week Sessions

March 27—May 15

Stroke Improvement Workshop

This 40 minute class is for area swim team members who can swim a lap in the pool with some breathing control (required to have passed level 3).

6:00-6:40

Stroke Endurance Workshop

This 40 minute class is for those who have breath control and want to improve their form and endurance.

6:50-7:30

Cost for Group Swim Lessons :

SRC Members: \$40

Non-Members: \$75

Level 3A Details

Level 3 will be divided this spring with the first half of level skills. Skills are as follows: Bobbing while moving toward safety, rotary breathing, back float, front crawl and elementary back