

Spring 2020 Swim/Dive Lessons & Aquatic Fitness Classes

SATURDAY SESSION I

4-day session	Meets Saturdays, Feb. 15-Mar. 7	
Start Time	25-min. classes	50-min. classes
10:00a	Parent/Child Aquatics Water Basics 1	Teen/Adult Beginner
10:30a	Water Basics 1 Water Basics 2	
11:00a	Parent/Child Aquatics Water Basics 1	Learn to Swim 3
11:30a	Water Basics 1 Water Basics 2	
Session II begins Saturday, March 28!		



WEEKDAY SESSION I

8-day session	Meets Mon/Wed Feb. 10 – March 4		Meets Tues/Thurs Feb. 11 – March 5	
Start Time	25-minute classes	50-minute classes	25-minute classes	50-minute classes
4:00p	Parent/Child Aquatics Water Basics 1		Water Basics 1 Water Basics 2	Learn to Swim 3
4:30p	Water Basics 1 Water Basics 2		Water Basics 1 Water Basics 2	
5:00p	Water Basics 1	Learn to Swim 3 Teen/Adult Beginner	Water Basics 1 (2 classes!)	Learn to Swim 3
5:30p	Water Basics 2		Parent/Child Aquatics Water Basics 2	
6:00p			Water Basics 1	Teen/Adult Intermediate Learn to Swim 4
6:30p			Water Basics 2	
Session II begins Monday, March 23!				

Water Aerobics Classes

WEEKDAY SESSION I

8-day session · Mon/Wed, February 3-26		8-day session · Tues/Thu, February 4-27	
5:15-6:00p	Deep	5:15-6:00p	tAQUAa (Shallow)
WEEKDAY SESSION II			
8-day session · Tues/Thu, March 3-12 and March 24 – April 2			
5:15-6:00p	tAQUAa (Shallow)		



**American
Red Cross**