

# 2025 SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
7:30-8:00	Lap swim	Lap swim	Lap swim	Lap swim	Lap swim		
8:00-9:00	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team		
9:00-10:00	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics		
10:00-10:30	Private Lessons	Private Lessons	Private Lessons	Private Lessons	Private Lessons		
10:30-11:00	Private Lessons Group Lessons	Private Lessons Group Lessons	Private Lessons Group Lessons	Private Lessons Group Lessons	Private Lessons Group Lessons		
11:00-11:30	Group Lessons	Group Lessons	Group Lessons	Group Lessons	Group Lessons	Party Rentals 11-12	Party Rentals 11-12
11:30-12:00	Group Lessons	Group Lessons	Group Lessons	Group Lessons	Group Lessons		
12:00-1:00	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics	Party Rentals 12-1	Party Rentals 12-1
1:00-2:30	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
2:30-4:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
4:00-4:30	Private Lessons Group Lessons	Private Lessons Group Lessons	Private Lessons Group Lessons	Private Lessons Group Lessons	Private Lessons Group Lessons	Party Rentals 4-5	Party Rentals 4-5
4:30-5:00	Private Lessons Group Lessons	Private Lessons Group Lessons	Private Lessons Group Lessons	Private Lessons Group Lessons	Private Lessons Group Lessons		
5:00-5:30	Private Lessons	Private Lessons	Private Lessons	Private Lessons	Private Lessons	Party Rentals 5-6	Party Rentals 5-6
5:30-6:30	Aqua Fitness Class	Aqua Fitness Class	Aqua Fitness Class	Aqua Fitness Class	Aqua Fitness Class		
6:30-8:00	<i>Evening Open Swim (TBD WEATHER PERMITTING)</i>	<i>Evening Open Swim (TBD WEATHER PERMITTING)</i>	<i>Evening Open Swim (TBD WEATHER PERMITTING)</i>	<i>Evening Open Swim (TBD WEATHER PERMITTING)</i>	<i>Evening Open Swim (TBD WEATHER PERMITTING)</i>		

**Group Lessons:**

Run for 2 week sessions, M-F  
Including "Baby & Me Classes"

**First ½ hour - Second ½ hour**

- (1) Baby and Me- 1 instructor:6 participant ratio
  - (2) Pike & Eel- 1:4 ratio
  - (3) Starfish & Guppy- 1:5 ratio
- (adjusted based on need/demand)

**SWIM LEVELS**

- Baby and Me - Baby and me swim classes are a chance for parents and babies to bond, play, and learn positive associations with water. These classes are also known as Mommy and Me or Daddy and Me lessons. They typically focus on parent-child bonding and establishing comfort in the water. Instructors use songs and other activities to create an interactive learning environment. Babies may learn to associate swimming with positive events, making them more willing to try new things and retain their skills.
- Pike - Pike helps children adjust to the water and develop independent movement. It teaches basic front crawl, back crawl and kicking skills, floating and pool safety. Class is intended for children with little to no water experience.
- Eel - For children who are comfortable in the water and swim with a floatation device in horizontal position but cannot yet swim the length of the pool. Children must be able to put their face in. Children are taught to float, kick, and perform progressive arm movements across the pool.
- Starfish - This class is for children who can swim 15 feet with face in the water and no floatation device. It reviews and improves stroke skills on front, back and side, builds endurance and teaches treading water and rotary breathing.
- Guppy - This is for children who are comfortable with their face in water and are able to swim 15-20 feet without a floatation device. It teaches stroke skills on front, back and side as well as rotary breathing and beginner's breaststroke.