

SWIMMING LESSONS

Summer 2018

We offer swim lessons for all ages and abilities, with emphasis on confidence, personal safety, swimming skills, endurance, and social skills. Choose the level that is appropriate based on swimming experience. Or, if you need more personal attention, private and semi-private lessons are available year-round.

SESSION 4 - 2018: JUNE 25 – AUGUST 12 (6 lessons) No Lessons 7/4

\$111 general public; \$84 JCC members

For more information about any of our aquatic programs, or to schedule a swimming assessment to determine the appropriate level, please contact Mikaela Bagley at mbagley@sabesjcc.org or call (952) 381-3422.

MONDAY SWIMMING LESSONS

SESSION 3: JUNE 25 - JULY 30

Time	Level
12:45 - 1:15 pm	Frogs (FULL)

TUESDAY SWIMMING LESSONS

SESSION 4: JUNE 26 - JULY 31

Time	Level
12:45 - 1:15 pm	Gobies
4:00 - 4:30 pm	Stingrays Seals Dolphins/Sharks
4:35 - 5:05 pm	Tiger Barbs Seals Dolphins/Sharks
5:10 - 5:40 pm	Frogs Gobies Stingrays
5:45 - 6:15 pm	Frogs Stingrays Dolphins/Sharks
6:20 - 6:50 pm	Gobies SwimFit Seals

WEDNESDAY SWIMMING LESSONS

SESSION 4: JUNE 27 - AUGUST 8 (NO LESSONS 7/4)

Time	Level
12:45 - 1:15 pm	Tiger Barbs

THURSDAY SWIMMING LESSONS

SESSION 4: JUNE 28 - AUGUST 2

Time	Level
12:45 - 1:15 pm	Stingrays

FRIDAY SWIMMING LESSONS

SESSION 4: JUNE 29 - AUGUST 3

Time	Level
12:45 - 1:15 pm	Water Wigglers

SUNDAY SWIMMING LESSONS

SESSION 4: JULY 1 - AUGUST 5

Time	Level
9:25 - 9:55 am	Water Babies Frogs (FULL) Puffers
10:00 - 10:30 am	Water Wigglers Frogs Gobies Stingrays
10:35 - 11:05 am	Water Wigglers Frogs Gobies
11:10 - 11:40 am	Frogs Tiger Barbs Stingrays Dolphins/Sharks
11:45 - 12:15 pm	Water Wigglers Frogs Seals Dolphins/Sharks
12:20 - 12:50 pm	Gobies Stingrays Seals
12:55 - 1:25 pm	Seals Dolphins/Sharks
4:00 - 4:30 pm	Gobies
4:30 - 5:00 pm	Frogs
5:00 - 5:30 pm	Puffers

