

# SWIMMING LESSONS

## Winter 2019

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 1 - 2019: JANUARY 2- FEBRUARY 26 (6 lessons)

\$129.50 general public; \$98 JCC members

**\*MAKE UP LESSONS ON 2/24, 2/25, 2/26 & 2/28**

*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](mailto:mbagley@sabesjcc.org) or call (952) 381-3422.*

### MONDAY SWIMMING LESSONS

#### SESSION 1: JANUARY 7 - FEBRUARY 18 \*2/25

Time	Level
9:30 - 10:00 am	Frogs
10:00 - 10:30 am	Gobies
10:30 - 11:00 am	Frogs
11:00 - 11:30 pm	Wigglers
12:45 - 1:15 pm	Tiger Barbs

### TUESDAY SWIMMING LESSONS

#### SESSION 1: JANUARY 8 - FEBRUARY 19 \*2/26

Time	Level
3:45 - 4:15 pm	Stingrays Seals
4:20- 4:50 pm	Seals Dolphins/Sharks
4:55 - 5:25 pm	Frogs Stingrays
5:30 - 6:00 pm	Seals Dolphins/Sharks
6:05 - 6:35 pm	Gobies Stingrays

### THURSDAY SWIMMING LESSONS

#### SESSION 1: JANUARY 10 - FEBRUARY 21 \*2/28

Time	Level
9:00 - 9:30 am	Gobies
9:30 - 10:00 am	Wigglers
10:00 - 10:30 am	Frogs
10:30 - 11:00 am	Tiger Barbs

### SUNDAY SWIMMING LESSONS

#### SESSION 1: JANUARY 6- FEBRUARY 24 \*2/24

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

*Please note: If a class does not meet the two-person enrollment minimum, it is subject to cancellation.*



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