

SWIMMING LESSONS *Condensed Winter 2018/19*

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.

**Regular weekly lessons in a short condensed session with no make-ups.
Price is lower to reflect no makeups.**

SESSION 6 - 2018: NOVEMBER 26- DECEMBER 30 (5 lessons)

\$58 general public; \$44 JCC members

MONDAY SWIMMING LESSONS

SESSION 6: NOVEMBER 26- DECEMBER 17

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

TUESDAY SWIMMING LESSONS

SESSION 6: NOVEMBER 26- DECEMBER 17

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

WEDNESDAY SWIMMING LESSONS

SESSION 6: NOVEMBER 28- DECEMBER 19

Time	Level
1:30 - 2:00 pm	Wigglers

THURSDAY SWIMMING LESSONS

SESSION 6: NOVEMBER 29- DECEMBER 20

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

FRIDAY SWIMMING LESSONS

SESSION 6: NOVEMBER 30- DECEMBER 21

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

SUNDAY SWIMMING LESSONS

SESSION 5: DECEMBER 2- DECEMBER 30 (no class 12/23)

Time	Level
9:25 - 9:55 am	Water Babies Frogs Wigglers Puffers
10:00- 10:30 am	Seals Gobies Stingrays Frogs
10:35 - 11:05 am	Wigglers Frogs Seals Gobies
11:10 - 11:40 am	Tiger Barbs Stingrays Dolphin/Sharks Seals
11:45 - 12:15 pm	Water Babies Dolphin/Sharks Frogs Seals
3:30 - 4:00 pm	Stingrays
4:00 - 4:30 pm	Gobies
4:30 - 5:00 pm	Frogs
5:00 - 5:30 pm	Seals
5:30 - 6:00 pm	Puffers

