

# SWIMMING LESSONS Summer 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 4 - 2019: JUNE 11 - AUGUST 8 (8 lessons)

\$148 general public; \$112 JCC members

**\*MAKE UP LESSONS:** Students who miss a class for illness, injury or family obligation are eligible for a make-up as long as the the JCC was pre- notified of the absence. Availability for make-ups is limited. Makeups can be scheduled by contacting Mikaela.

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 [mabagley@sabesjcc.org](mailto:mabagley@sabesjcc.org) or call (952) 381-3422.

### MONDAY SWIMMING LESSONS

#### SESSION 4: JUNE 17 - AUGUST 5

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

### TUESDAY SWIMMING LESSONS

#### SESSION 4: JUNE 11 - JULY 30

Time	Level
12:45 - 1:15 pm	Tiger Barbs
3:45 - 4:15 pm	Stingrays Seals
4:20- 4:50 pm	Frogs Dolphins/Sharks

### WEDNESDAY SWIMMING LESSONS

#### SESSION 4: JUNE 12 - JULY 31

Time	Level
12:45 - 1:15 pm	Gobies
3:45 - 4:15 pm	Stingrays Puffers Frogs Gobies

### THURSDAY SWIMMING LESSONS (NO LESSON 7/4)

#### SESSION 4: JUNE 13 - AUGUST 8

Time	Level
12:45 - 1:15 pm	Wigglers Frogs
3:45 - 4:15 pm	Stingrays Seals Frogs Gobies

### SATURDAY SWIMMING LESSONS OUTSIDE LESSONS!

#### SESSION 4: JUNE 15 - AUGUST 3

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

### SUNDAY SWIMMING LESSONS

#### SESSION 4: JUNE 16 - AUGUST 4

Time	Level
9:25 - 9:55 am	Water Babies Frogs Wigglers Seals
10:00- 10:30 am	Wigglers Frogs Gobies Stingrays
10:35 - 11:05 am	Tiger Barbs Frogs Gobies Stingrays
11:10 - 11:40 am	Wigglers Stingrays Dolphins/Sharks Seals
11:45 - 12:15 pm	Stingrays Gobies Seals Dolphins/Sharks
12:20 - 12:50 pm	Water Babies Frogs Stingrays Seals
3:30 - 4:00 pm	Seals
4:00 - 4:30 pm	Stingrays
4:30 - 5:00 pm	Frogs
5:00 - 5:30 pm	Gobies

