

# 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 6 - 2019: OCTOBER 26 - DECEMBER 12 (6 lessons)

\$111 general public; \$84 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 [mbagley@sabesjcc.org](mailto:mbagley@sabesjcc.org) or call (952) 381-3422.*

### MONDAY SWIMMING LESSONS

#### SESSION 6: OCT 28 - DEC 2

Time	Level
9:30 - 10:00 am	Station 2
10:00 - 10:30 am	Station 3
10:30 - 11:00 am	Station 2
11:00 - 11:30 am	Water Babies
12:45 - 1:15 pm	Level 4

### SATURDAY SWIMMING LESSONS

#### SESSION 6: OCT 26 - DEC 7 (NO LESSON 11/30)

Time	Level
9:00 - 9:30 am	Station 2
9:30 - 10:00 am	Station 3
10:00 - 10:30 am	Station 1
10:30 - 11:00 am	Station 4

### TUESDAY SWIMMING LESSONS

#### SESSION 6: OCT 29 - DEC 10

Time	Level
12:45 - 1:15 pm	Level 4
3:45 - 4:15 pm	Level 4 & 6
4:20 - 4:50 pm	Level 3 & 5
4:55 - 5:25 pm	Level 6 & 7

### SUNDAY SWIMMING LESSONS

#### SESSION 6: OCT 27 - DEC 8 (NO LESSON 12/1)

Time	Level
9:25 - 9:55 am	Level 2- 4
9:25 - 9:55 am	Water Babies
10:00- 10:30 am	Level 4 - 7
10:35 - 11:05 am	Level 2, 5, 6 & 8
11:10 - 11:40 am	Level 5 - 7
11:10 - 11:40 am	Water Babies
11:45 - 12:15 pm	Level 2, 4, 5 & 8
3:30 - 4:00 pm	Level 6
4:00 - 4:30 pm	Level 5
4:30 - 5:00 pm	Level 3
5:00 - 5:30 pm	Level 4

### WEDNESDAY SWIMMING LESSONS

#### SESSION 6: OCT 30 - DEC 11 (NO LESSON 11/27)

Time	Level
12:45 - 1:15 pm	Level 3

### THURSDAY SWIMMING LESSONS

#### SESSION 6: OCT 31 - DEC 12 (NO LESSON 11/28)

Time	Level
3:45 - 4:15 pm	Level 4 & 6
4:20 - 4:50 pm	Level 3 & 5
4:55 - 5:25 pm	Level 6 & 7

