

# Youth-Teen Aquatics (Ages 6 mo. - 17 yrs.)

## Youth Lessons: February 1, 2010 - April 18, 2010

| TIME    | MONDAY                 | TUESDAY                                    | WEDNESDAY                   | THURSDAY                                      | FRIDAY                        | SATURDAY                         | SUNDAY                           |
|---------|------------------------|--|-----------------------------|---|-------------------------------|----------------------------------|----------------------------------|
| 10:00am | SKIP                   | SKIP                                       | Pike with Parent            | Pike with Parent                              | School Group                  | SKIP/Shark (9:00am)              | SKIP/Fish (9am)                  |
| 10:30am | Pike                   | Pike with Parent                           | Eel                         | SKIP  |                               | Pike w/parent/Ray (9:35am)       | Pike w/parent/Ray/Guppy (9:35am) |
| 11:00am | Eel                    | Preschool                                  | Preschool                   | Pike  |                               | Pike/Eel/Starfish (10:05am)      | Pike/Eel/Ray (10:10am)           |
| 1:00pm  | Ray                    | Beginner Adult Workout                     | Eel                         | Beginner Adult Workout                        | Pike with Parent              | Polliwog/Guppy/Minnow (10:35am)  | Pike/Eel/Polliwog (10:40am)      |
| 1:30pm  | Pike with Parent       |  | SKIP                        |   | Pike                          |                                  |                                  |
| 2:00pm  | Pike                   | Pike                                       | Pike                        | Eel   | SKIP                          | Pike/Eel/Ray (11:10am)           | Polliwog/Guppy/Minnow (11:15 am) |
| 2:30pm  | Eel                    | Eel  | Preschool                   | Ray   | Pike                          | Guppy/Fish/Flying Fish (11:40am) | Family Rec. (11:50am - 1pm)      |
| 3:00pm  | Ray                    | Starfish                                   | Ray                         | Eel   | Eel                           | Eel/Polliwog/Porpoise (12:15pm)  |                                  |
| 3:30pm  | Polliwog/Guppy/Minnow  | Guppy/Fish/Shark                           |                             | Pike/Eel/Ray                                  | Pike/Eel/Ray                  | Family Rec. (1:00 - 3:00pm)      |                                  |
| 4:05pm  | Pike/Eel/Starfish      | Ray/Minnow/Flying Fish                     |                             | Guppy/Minnow/Fish 4:00PM                      | Starfish/Pike/Polliwog 4:00PM |                                  |                                  |
| 4:35pm  | Stroke & Turn          | Stroke & Turn                              | Minnow/Fish/Flying Fish     | Polliwog/Shark/Porpoise                       | Polliwog/Guppy/Minnow         |                                  |                                  |
| 4:40pm  | Eel/Polliwog/Guppy     | Pike/Eel                                   |                             |   |                               |                                  |                                  |
| 6:30pm  | Pike/Eel/Ray Swim Club | Guppy/Shark/Porpoise 7:05 Teen/Adult Inst. | Pike/Eel/Starfish Swim Club | Minnow/Fish/Flying Fish Jr. Lifeguard 6 - 7pm |                               |                                  |                                  |
| 7:05pm  | Polliwog/Guppy         | Family Rec. (7:05 - 8:30 pm)               | Polliwog/Guppy              | Family Rec. (7:05 - 8:30 pm)                  | Family Rec. (7:05 - 8:00 pm)  |                                  |                                  |

### SWIM FEES: (9 weeks)

|                        | Membership + Prog / Full |       |
|------------------------|--------------------------|-------|
| Lessons                | \$93                     | \$63  |
| Stroke & Turn          | \$95                     | \$70  |
| Jr. Lifeguard          | \$95                     | \$70  |
| Swim Club 1 day        | \$105                    | \$75  |
| Swim Club 2 day        | \$190                    | \$125 |
| Teen-Adult Instruction | \$95                     | \$70  |
| Adult Workout          | \$93                     | \$63  |

## LEARN TO SWIM WEEK

Our Learn to swim week is a concentrated set of classes, for beginners and intermediate swimmers.

Swimming on a daily basis increases the Childs confidence and comfort level.

Even if your child has taken some time off from swimming, this is an excellent way to get your child back in the "swim of things", and ready for summer.

Feb. 15th - 19th  
Program Fee - \$50  
Full Mem. Fee - \$35

Pike 10:00  
Ray 10:00  
Eel 10:30  
Starfish 10:30

Pike 3:00  
Guppy 3:00  
Polliwog 3:35

Fish 4:45  
Minnow 4:45  
Fly Fish 4:45

March 29th - April 1st  
Program Fee - \$40  
Full Mem. Fee - \$28

Pike 11:00  
Eel 11:00

Guppy 3:35  
Minnow 3:35  
Pike 4:10  
Guppy 4:10  
Starfish 4:10

Pike 6:30  
Eel 6:30  
Guppy 7:00  
Minnow 7:00

