



Harbison Community

WEEKDAY

SWIM LESSONS

Session Cost: \$50 for Residents / \$55 for Non Residents

When registering participants from the same immediate family for the same session, a \$5 discount will be applied to the second participant

Session	Dates	Level	Time
June	11 – 14 and 18 - 21	Mini Rays & Level 2	8:00am-8:40am
		Mini Rays & Level 1	8:45am-9:25am
		Mini Rays & Level 1	4:15pm-4:55pm
June / July	25 – 28 and 2 - 6	Mini Rays & Level 2	8:00am-8:40am
		Level 1 & Level 2	8:45am-9:25am
		Level 2 & Level 3	4:15pm-4:55pm
July	9 – 12 and 16 - 19	Level 2 & Level 3	8:00am-8:40am
		Mini Rays & Level 1	8:45am-9:25am
		Adult & Level 1	4:15pm-4:55pm
July	23 – 26 and 30 - 2	Mini Rays & Level 3	8:00am-8:40am
		Level 1	8:45am-9:25am
		Aquatots	8:45am-9:15am
		Mini Rays & Level 2	4:15pm-4:55pm
August	6 – 9 and 13 - 16	Mini Rays & Level 1	8:00am-8:40am
		Level 1 & Adult	8:45am-9:25am
		Mini Rays	4:15pm-4:55pm
		Aquatots	4:15pm-4:45pm
October	1 - 4 and 8 - 11	Level 3	4:15pm-4:55pm
November	5 – 8 and 12 - 15	Level 2	4:15pm-4:55pm
December	3 – 6 and 10 – 13	Level 3	4:15pm-4:55pm

- Lesson Sessions are 2 weeks long – Mon/Tue/Wed/Thu
- Instructor to participant ratio never exceeds 1:6
- In the event a lesson needs to be rescheduled because of pool closure, Fridays are reserved for makeups
- Registration refunds may be available 10 or more days prior to the first day of the session or in the case of a medical emergency



Harbison Community

WEEKEND

SWIM LESSONS



Session Cost: \$30 for Residents / \$35 for Non Residents

When registering participants from the same immediate family for the same session, a \$5 discount will be applied to the second participant

Session	Dates	Level	Time
June	9, 16, 23, 30	Level 1	9:30am-10:00am
		Mini Rays	10:15am-10:55am
July	7, 14, 21, 28	Level 2	9:30am-10:10am
		Aquatots	10:15am-10:55am
September	8, 15, 22, 29	Level 3	9:30am-10:00am
		Level 1	10:15am-10:55am
October	7, 14, 21, 28	Mini Rays	9:30am-10:10am
		Level 2	10:15am-10:55am

- Lesson Sessions are 4 consecutive Saturdays
- Instructor to participant ratio never exceeds 1:6
- In the event a lesson needs to be rescheduled because of pool closure, an additional Saturday will be available
- Registration refunds may be available 10 or more days prior to the first day of the session or in the case of a medical emergency

Aquatots: 6 months – 3 years

Development of comfort level in and around water with a parent or guardian present
 Strong focus on readiness to swim at a young age
 Direction provided by the instructor and majority of hands on interaction coming from the parent

Level 1: Intro to Water Skills (ages 5+)

Supported floating and kicking on front and back
 Alternating arm and leg action
 Water adjustment and breath control

Level 3: Stroke Development

Children must be able to swim 10-15 feet on their front and back without assistance. This level builds endurance, reviews/refines stroke skills on front and back.

Mini Rays: 4 – 5 years

Orientation to the aquatic environment
 Aquatic socialization and comfort
 Breath control and basic arm and leg movement

Level 2: Fundamental Aquatic Skills

Floating and kicking on front and back
 Combined stroke on front and back
 Rhythmic breathing and intro to deep water

