

SWIM LESSON SCHEDULE

Fall 1 2018 | LOWER BUCKS FAMILY YMCA: Newtown

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
A. Water Discovery		9:30am			9:00am
B. Water Exploration		5:00pm		10:00am	9:30am
1. Water Acclimation					10:00am
1. Water Acclimation	4:00pm	4:30pm	4:00pm	9:30am/12:30pm	10:30am
2. Water Movement	12:00pm	12:00pm		9:00am/1:00pm/4:30pm	11:00am
3. Water Stamina	4:30pm	12:30pm	4:30pm	4:00pm	11:30am
4. Stroke Introduction	5:00pm	4:00pm	5:45pm	5:45pm	12:00pm
1. Water Acclimation		5:30pm			
2. Water Movement	5:30pm		5:00pm		
3. Water Stamina		6:15pm		5:00pm	12:30pm
4. Stroke Introduction	6:15pm		6:15pm	6:15pm	1:15pm
Adapted	7:00pm		7:00pm		

GREEN INDICATES PARENT/CHILD

PURPLE INDICATES PRESCHOOL

BLUE INDICATES YOUTH