

SWIM LESSON SCHEDULE

Fall 1 2018 | LOWER BUCKS FAMILY YMCA: Fairless Hills

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

GREEN INDICATES PARENT/CHILD

PURPLE INDICATES PRESCHOOL

BLUE INDICATES YOUTH