

# SWIM LESSON SCHEDULE

Summer 1&2 | LOWER BUCKS FAMILY YMCA: Fairless Hills

1 Day a Week for 5 Weeks

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
A. Water Discovery (Shrimp/Kipper)		4:30pm	9:00am			9:00am	
B. Water Exploration (Inia/Perch)		5:00pm	9:30am			9:30am	
1. Water Acclimation (Perch +)		5:30pm	10:00am			10:00am	
1. Water Acclimation (Turtle)	4:30	4:00/5:45	4:30	4:00/5:45	11:00am	9:15am/10:30am	12:00PM
2. Water Movement (Pike)	4:30	4:00/5:45	4:30	4:00/5:45	11:30am	9:15am/10:30am	
3. Water Stamina (Eel)	4:00/5:45	4:30	4:00/5:45	4:30	12:00pm	9:15am/10:30am	12:30 PM
4. Stroke Introduction (Ray)	4:00/5:45	4:30	4:00/5:45	4:30		10:30am	1:45 PM
2. Water Movement (Polliwog)	5:00	-	5:00	-		9:45am/11:00am/ 11:45am	
3. Water Stamina (Polliwog)	-	5:00	-	5:00			
4. Stroke Introduction (Guppy)	5:00	6:15/7:00	5:00	5:00/7:00		9:45am/11:00am	2:15 PM
5. Stroke Development (Minnow)	6:15	5:00/7:00	6:15	6:15		9:45am/11:00am/12:30	1:00 PM
6. Stroke Mechanics (Flying Fish)	6:15	6:15	6:15	6:15		11:45am	
Aquatic Conditioning	7:00		7:00	7:00		11:45am	
Adapted Swim		7:00				11:00am/11:30p/ 12:00PM/12:30	
Adult Beginner	7:00 PM		7:00PM				

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**GREEN INDICATES PARENT/CHILD**

**PURPLE INDICATES PRESCHOOL**

**BLUE INDICATES YOUTH**

**BLACK INDICATES OTHER PROGRAMS**