

SWIM LESSON SCHEDULE

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

2 days a week, for two weeks. Either Monday & Wednesday or Tuesday & Thursday.

	MONDAY & WEDNESDAY	TUESDAY & THURSDAY
1. Water Acclimation (Turtle)	5:45	4:30
2. Water Movement (Pike)	5:45	4:30
3. Water Stamina (Eel)	4:30	5:45
4. Stroke Introduction (Ray)	4:30	5:45
3. Water Stamina (Polliwog)	5:00	6:15
4. Stroke Introduction (Guppy)	5:00	6:15
5. Stroke Development (Minnow)	6:15	5:00
6. Stroke Mechanics (Flying Fish)	6:15	5:00

PURPLE INDICATES PRESCHOOL

BLUE INDICATES YOUTH