

LITEHOUSE Y | July 2022 | Swim Lesson Schedule

July Session Dates: 7/5 - 7/14 (*Prorated. No class Monday, 7/4)

Y Member Registration Begins: 6/20 | Mon/Tue/Wed/Thu (4days/wk - 8 classes) \$37.63* | Reg Opens: 7/4 (7/19 - 1 class) \$5

Community Member Registration Begins: 6/27 | Mon/Tue/Wed/Thu (4days/wk - 8 classes) \$75.25* | Reg Opens: 7/11 (7/19 - 1 class) \$10

PARENT - CHILD LESSONS: 6 MONTHS - 3 YEARS			
Stage A: Water Discovery 30 min each			
	WED		
	7/19 only at 11am	---	---
Stage B: Water Exploration 30 min each			
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PRESCHOOL LESSONS: 3 - 5 YEARS			
Preschool Stage 1: Water Acclimation 30 min each			
		MON/TUE/WED/THU	
	---	10am	---
Preschool Stage 2: Water Movement 30 min each			
		MON/TUE/WED/THU	
	---	10:30am	---
Preschool Stage 3: Water Stamina 30 min each			
		MON/TUE/WED/THU	
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Preschool Stage 4: Stroke Intro 30 min each			
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SCHOOL AGE LESSONS: 6 - 12 YEARS			
School Age Stage 1: Water Acclimation 30 min each (Begin here for those afraid of water)			
		MON/TUE/WED/THU	
	---	4pm	---
School Age Stage 2: Water Movement 30 min each (Begin here for NOT afraid of water)			
		MON/TUE/WED/THU	
	---	4:30pm	---
School Age Stage 3: Water Stamina 30 min each			
		MON/TUE/WED/THU	
	---	4pm / 5pm	---
School Age Stage 4: Stroke Intro 30 min each			
		MON/TUE/WED/THU	
	---	4:30pm (Pt 1 & 2)	---
School Age Stage 5: Stroke Development 30 min each			
		MON/TUE/WED/THU	
	---	5pm (Pt 1 & 2)	---
School Age Stage 6: Stroke Mechanics 30 min each			
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