

Sanborn Pool Swim Lesson Schedule

Session I: June 17 — July 12, Session II: July 15 — August 9

All classes listed below will consist of 2 four-week sessions. Classes are 30 minutes of instruction and 15 minutes of free time.

Class	Description	Ages	Days	Times	Resident	Non-Res.
Tiny Tots	This program is designed for children 6 months to 3 years old and parent (or adult with child). This class will build comfort in the pool through multiple pool games and songs. Students will be introduced to paddling and kicking.	6mo-3yrs	Tues/Thurs	11-11:45am	\$30.00	\$60.00
		6mo-3yrs	Tues/Thurs	12-12:45pm	\$30.00	\$60.00
Tots	This class is intended for children 3 to 5 years and is meant to build comfort in the pool. Through activities and play, children will learn basic water skills and promote water safety. We have seen that once a child is comfortable in the pool, learning to swim will come naturally.	3-5 yrs.	Mon/Wed/Fri	9-9:45am	\$45.00	\$90.00
		3-5 yrs.	Mon/Wed/Fri	10-10:45am	\$45.00	\$90.00
		3-5 yrs.	Mon/Wed/Fri	11-11:45am	\$45.00	\$90.00
		3-5 yrs.	Mon/Wed/Fri	12-12:45pm	\$45.00	\$90.00
		3-5 yrs.	Tues/Thurs	9-9:45am	\$30.00	\$60.00
		3-5 yrs.	Tues/Thurs	10-10:45am	\$30.00	\$60.00
		3-5 yrs.	Tues/Thurs	11-11:45am	\$30.00	\$60.00
		3-5 yrs.	Tues/Thurs	12-12:45pm	\$30.00	\$60.00
		3-5 yrs.	Mon/Wed	5-5:45pm	\$30.00	\$60.00
Beginner	This class is for children to build confidence in the pool. Through activities and play, children will learn basic swimming skills and promote water safety. Children learn to become more independent in the water and are prepared to enter the big pool.	3-5 yrs.	Mon/Wed	6-6:45pm	\$30.00	\$60.00
		5+ yrs.	Mon/Wed/Fri	9-9:45am	\$45.00	\$90.00
		5+ yrs.	Mon/Wed/Fri	10-10:45am	\$45.00	\$90.00
		5+ yrs.	Mon/Wed/Fri	11-11:45am	\$45.00	\$90.00
		5+ yrs.	Mon/Wed/Fri	12-12:45pm	\$45.00	\$90.00
		5+ yrs.	Tues/Thurs	9-9:45am	\$30.00	\$60.00
		5+ yrs.	Tues/Thurs	10-10:45am	\$30.00	\$60.00
		5+ yrs.	Mon/Wed	5-5:45pm	\$30.00	\$60.00
		5+ yrs.	Mon/Wed	6-6:45pm	\$30.00	\$60.00
Intro to Big Pool	This class is for students who feel comfortable in the water. Class will be held in the big pool with platforms for those not tall enough to touch in the shallow end. This class consists of beginning swim skills, building confidence in deeper water and water safety.	5+ yrs.	Mon/Wed	7-7:45pm	\$30.00	\$60.00
		5+ yrs.	Mon/Wed/Fri	9-9:45am	\$45.00	\$90.00
		5+ yrs.	Mon/Wed/Fri	10-10:45am	\$45.00	\$90.00
		5+ yrs.	Mon/Wed/Fri	11-11:45am	\$45.00	\$90.00
		5+ yrs.	Mon/Wed/Fri	12-12:45pm	\$45.00	\$90.00
		5+ yrs.	Tues/Thurs	11-11:45am	\$30.00	\$60.00
		5+ yrs.	Tues/Thurs	12-12:45pm	\$30.00	\$60.00
		5+ yrs.	Mon/Wed	5-5:45pm	\$30.00	\$60.00
Advanced Beginner	This class is for those who have passed Intro to Big Pool and are ready to begin swimming on their own. Students will learn skills like rotary breathing, swimming without assistance, treading water and diving.	5+ yrs.	Mon/Wed	6-6:45pm	\$30.00	\$60.00
		5+ yrs.	Mon/Wed/Fri	9-9:45am	\$45.00	\$90.00
		5+ yrs.	Mon/Wed/Fri	10-10:45am	\$45.00	\$90.00
		5+ yrs.	Mon/Wed/Fri	11-11:45am	\$45.00	\$90.00
		5+ yrs.	Mon/Wed/Fri	12-12:45pm	\$45.00	\$90.00
		5+ yrs.	Mon/Wed	5-5:45pm	\$30.00	\$60.00
Intermediate	This class is for those who have passed Advanced Beginner, or are able to swim one half of a pool length on their own. It focuses on refining front and back crawl and learning more advanced strokes and swim skills. Students will also start to swim longer distances.	5+ yrs.	Mon/Wed	6-6:45pm	\$30.00	\$60.00
		5+ yrs.	Mon/Wed/Fri	9-9:45am	\$45.00	\$90.00
		5+ yrs.	Mon/Wed/Fri	10-10:45am	\$45.00	\$90.00
		5+ yrs.	Mon/Wed/Fri	11-11:45am	\$45.00	\$90.00
		5+ yrs.	Mon/Wed/Fri	12-12:45pm	\$45.00	\$90.00
Swimmer	This class is for those who have passed Intermediate, or are able to swim 1 pool length (25 yds.) completely unassisted. It focuses on refining advanced strokes and swim skills, and being able to swim longer distances using those advanced strokes.	5+ yrs.	Mon/Wed/Fri	9-9:45am	\$45.00	\$90.00
		5+ yrs.	Mon/Wed/Fri	10-10:45am	\$45.00	\$90.00
		5+ yrs.	Mon/Wed/Fri	11-11:45am	\$45.00	\$90.00
Advanced Swimmer	This class is for those who have passed Swimmer, or are able to swim 2 pool lengths (50 yds.) completely unassisted. Students will learn basic competitive swimming skills such as flip turns and racing starts. Advanced skills include retrieving a 10lb. diving brick from the bottom of the pool and some lifeguarding techniques.	5+ yrs.	Mon/Wed/Fri	9-9:45am	\$45.00	\$90.00
		5+ yrs.	Mon/Wed/Fri	10-10:45am	\$45.00	\$90.00
		5+ yrs.	Mon/Wed/Fri	11-11:45am	\$45.00	\$90.00
Expert Swimmer	This class is for those who have passed Advanced Swimmer, or are able to swim 4 pool lengths (100 yds.) completely unassisted. Distance swimming, advanced competitive swim skills and some lifeguarding techniques are the focus of this class.	5+ yrs.	Mon/Wed/Fri	12-12:45pm	\$45.00	\$90.00