

AQUATIC CENTER ADMISSION FEES SUMMER 2020

MONTHLY SWIM PASSES: PRICES DO INCLUDE SALES TAX.

| | 1 Admission | | Monthly | 6-Month | w/locker | 12-month | w/locker |
|------------------------------|--------------------|---------------|---------|----------|----------|----------|----------|
| | Resident | Non-Resident | | | | | |
| YOUTH (3-17) | \$6.00 | \$6.50 | \$48.50 | \$241.00 | \$310.00 | \$397.00 | \$518.00 |
| ADULT (18-59) | \$7.00 | \$7.50 | \$59.00 | \$301.00 | \$369.00 | \$497.00 | \$616.00 |
| SR. CITIZENS | \$6.00 | \$6.50 | \$48.50 | \$241.00 | \$310.00 | \$397.00 | \$518.00 |
| FAMILY | | | \$96.00 | \$488.00 | \$553.00 | \$804.00 | \$918.00 |
| SENIOR/YOUTH EXERCISE | \$9.50 | \$10.00 | | | | | |
| ADULT EXERCISE | \$10.50 | \$11.00 | | | | | |
| | Youth/ Sr. Swim | Adult Swim | Locker | | | | |
| 10 Admission | \$48.50 | \$59.00 | \$10.00 | | | | |
| 20 Admission | \$86.00 | \$107.50 | \$20.00 | | | | |

| AQUATIC EXERCISE PASS | | |
|-----------------------|----------|----------|
| | Youth/Sr | Adult |
| 10 classes | \$83.00 | \$99.00 |
| 20 classes | \$131.00 | \$174.00 |

For 30-Day options go to page 93

****Non-Resident \$6.00 charge will be added to Monthly Swim Passes, 10- and 20-Swim Pass options****

Parent and Child Tot Pool Fee: Total admission for both is \$5.00 during lesson time if available. Children **2 and under** FREE admission

SWIM PASSES. Monthly Swim Passes — These passes are good for unlimited swimming during all our general swim hours. Monthly Swim Passes are non-transferable, non-refundable and have no guest privileges. Family passes are good for a household. Monthly Swim Pass holders do not get a discount on classes. **10- and 20-Time Passes** — These passes are available for general swims and lockers. **10- and 20 Time Exercise Passes** — These passes are available for aqua exercise classes. **No passes can be used for special events.**



**DON NAKATA
POOL**



**RAY WILLIAMSON
POOL**

SUMMER SCHEDULE 2020

- 5/25** Holiday Schedule Lap and Family Swim 12:00-3:00p
- 6/11** END-OF-SCHOOL PARTIES Nakata Closed 10:00a-1:00p
- 6/12** END-OF-SCHOOL PARTIES Nakata Closed 12:00-2:00p
- 6/23** Summer schedule begins

- 7/4** Independence Day, facility Closed
- 9/7** Holiday Schedule Lap and Family Swim 12:00-3:00p
- 8/17** Ray pool begins modified fall schedule
- 9/2** Full fall schedule begins

SUMMER 2020

Swim Descriptions & Schedules

June 23-September 2

Visit our website for a detailed schedule www.biaquatics.org

LAP SWIM RAY WILLIAMSON POOL

6 lanes in Williamson Pool are kept at 79°F. Lap swimmers must be 8 years old and have level 4 swimming skills.

| MON | TUE | WED | THURS | FRI | SAT | SUN |
|---------------------------|-------------|---------------------------|-------------|---------------------------|---------------------------|-------------|
| 5:00a-3:30p 7:00-8:00p | 5:00a-3:30p | 5:00a-3:30p 7:00-8:00p | 5:00a-3:30p | 5:00a-3:30p 7:00-8:00p | 8:30-10:00a 2:00-4:00p | 8:00a-4:00p |

LAP SWIM DON NAKATA POOL

4 Nakata Pool lanes are in the 86°F range. Lap swimmers must be 8 years old and have level 4 swimming skills.

| MON | TUE | WED | THURS | FRI | SAT | SUN |
|---|---|---|---|---------------------------|-------------|--------------|
| 5:00-9:00a 12:00-2:30p 6:30-8:30p | 5:00-9:00a 12:00-2:30p 6:30-8:30p | 5:00-9:00a 12:00-2:30p 6:30-8:30p | 5:00-9:00a 12:00-2:30p 6:30-8:30p | 5:00a-2:30p 7:00-8:30p | 7:30-10:00a | 8:00a-12:00p |

OPEN SWIM DON NAKATA POOL

All parts of the Nakata Pool are open to recreational swimming, including hot tub, tot pool, sauna, lazy river, diving area and waterslide. The party room is also available to rent at this time. All children under 15 must have a swim license to use the lap area and deep end. All children under 7 without a swim license must have an adult within arm's reach. WATERSLIDE requirements: Those under 7 yrs. and/or under 36" tall must go down with an adult.*

| MON | TUE | WED | THURS | FRI | SAT | SUN |
|------------|------------|------------|------------|------------|------------|------------|
| 2:30-4:30p | 2:30-4:30p | 2:30-4:30p | 2:30-4:30p | 2:30-4:30p | 1:00-4:00p | 1:00-4:00p |

SENIOR/SPECIAL NEEDS DON NAKATA POOL

A quieter time where the dive well, beach area and a lane are designated for our users with special accommodations and needs.

| MON | TUE | WED | THURS | FRI | SAT | SUN |
|------------|------------|------------|------------|------------|-----|-----|
| 1:30-2:30p | 1:30-2:30p | 1:30-2:30p | 1:30-2:30p | 1:30-2:30p | | |

FAMILY SWIM DON NAKATA POOL

For adults or adults with children. All children must have an adult in the water with them. Limited areas of the pool are open; those include primarily the shallow areas, tot pool and lazy river. ***NEW TIME***

| MON | TUE | WED | THURS | FRI | SAT | SUN |
|---------------------------|-------------|---------------------------|-------------|---------------------------|-------------|-------------|
| 12:00-2:00p 6:30-8:00p | 12:00-2:00p | 12:00-2:00p 6:30-8:00p | 12:00-2:00p | 12:00-2:00p 5:00-7:00p | 12:00-1:00p | 12:00-1:00p |

LAZY RIVER DON NAKATA POOL

The lazy river is turned on for all Open and Family Swims for patrons to go with the current. Mon-Fri 9:00-10:00a, MWF 12:00-1:00p and Sat 10:00-11:00a, the river will be open for unstructured against-the-current exercise as part of the lap swim.

| MON | TUE | WED | THURS | FRI | SAT | SUN |
|---|--|---|--|---|-------------|-------------|
| 5:00-7:00a 12:00-2:30p 6:30-8:30p | 5:00a-3:00p 12:00-2:30p 6:30-8:30p | 5:00-7:00a 12:00-2:30p 6:30-8:30p | 5:00a-3:00p 12:00-2:30p 6:30-8:30p | 5:00-7:00a 12:00-2:30p 6:30-8:30p | 7:30a-1:00p | 8:00a-1:00p |

HOT TUB & SAUNA & STEAM ROOM & TOT POOL DON NAKATA POOL

The Swirl Pool or Spa is kept at 101-103°F. It is open to those 16 and older whenever the facility is open to the public. The sauna and steam room are open to those 16 and over whenever the facility is open to the public. Sauna and steam room admission are the same as regular pool admission. Those who are pregnant or suffer from a medical condition that makes exposure to intense heat/hot water dangerous are discouraged from using the spa, sauna and steam room. The tot pool is kept at 86°F and is open to those 6 and younger. Older children may use the tot pool if they are not disruptive and it is not too crowded. Parents (in a swim suit) must be in the water with children using the tot pool.*

| MON | TUE | WED | THURS | FRI | SAT | SUN |
|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| 5:00a-8:30p | 5:00a-8:30p | 5:00a-8:30p | 5:00a-8:30p | 5:00a-8:30p | 7:30a-4:00p | 8:00a-4:00p |

AQUATIC CENTER



BIRTHDAY PARTIES

Let our staff help plan your special day from the food to the games! Pick from one of our party packages to get the party experience that you want. Please call to reserve your party two weeks in advance!



Package A: Your choice of room for 1 hour of party time, 12 child swim passes, and 3 adult swim passes included.

Package B: 1 hour of party room time, 12 child swim passes and 3 adult passes. We will pick up the cake, ice cream, juice, paper, utensils and balloons.

Package C: Package B plus 45 minutes of reserved pool space with your choice of the Log Roll or inner tubes.

Package D: Package C plus your choice of themed place settings.

| Package | A | B | C | D |
|-----------------------|----------|----------|----------|----------|
| | \$126.00 | \$200.50 | \$240.00 | \$275.50 |
| Extra Child up to 20: | \$5.00ea | \$5.50ea | \$6.00ea | \$7.00ea |

OTHER RENTAL OPTIONS

Would you like to enjoy the pool with your friends, family or co-workers without all the extra people? Would you like to have a private showing of a movie or use the waterpark? Then our after-hours facility rental may be the right thing for you! After-hour rentals are scheduled on Saturdays and Sundays. Go to our website biaquatics.org to find all your options and see the rooms available for your special event. Please call Megan Pleli at 206-842-2302 for pricing and availability. Schedule a minimum of two weeks in advance!

| SPACE | OCCUPANCY | NON-PROFIT/ PRIVATE RATE | COMMERCIAL RATE | AMENITIES INCLUDED |
|-----------------------|---|-----------------------------|--------------------|--|
| Nakata Pool Open Swim | Up to 60 people *surcharge for additional people | \$249.00/hr | \$498.00/hr | Dividing boards, river, rope swing, beach area, hot tub, slide |
| Private Movie Rental | Up to 40 people *surcharge for additional people up to 180 max | \$148.00/hr | N/A | Movie equipment Innertubes Movie must be pre-approved |
| Nakata A Room | 39 people | \$47.50/hr | \$101.00/hr | Chairs and tables |
| Nakata B Room | 136 people | \$59.50/hr | \$126.50/hr | Chairs and tables |





AQUATIC CENTER

FRIDAY NIGHT FAMILY SWIM WITH MERMAID COVE **NEW!**

After open swim winds down, come in for a family swim. Family swim is the shallow end of the pool, tot pool and river. Please remember all children need to have an adult in the water with them. We also welcome our Bainbridge Island Mermaids to come on in for Mermaid Cove during this time! Regular admission applies.



FLOAT & FLOAT MOVIE NIGHTS WILL RETURN IN THE FALL.



BABYSITTER CAMP (AMERICAN RED CROSS)

Ages 11 and up. Gain the skills to work as a babysitter in addition to becoming American Red Cross CPR/AED and First Aid certified. Our talented instructors will also spend time with babysitters teaching them games, crafts and projects to do with each age group. Put together your own Babysitter Survival Bag and feel confident when you are babysitting and earning money.

| | | | | |
|-----------|------|-------------|-----------|-------|
| 402536-03 | M-Th | 9:00a-2:00p | 7/20-7/23 | \$323 |
| 04 | M-Th | 9:00a-2:00p | 8/17-8/20 | \$323 |

SUMMER OPEN SWIM

Monday-Friday 2:30-4:30p
Saturday & Sunday 1:00-4:00p
Full waterpark!



**NEED A LIFEGUARD CLASS?
GO TO PAGE 94.**

AQUATIC CENTER



TEAMS

BAINBRIDGE ISLAND SWIM CLUB (BISC)

Our club is a team offering high-quality, professional coaching for children of ranging abilities from 7-18 years of age. The goal of our club is to provide every member opportunity to improve technical skills and achieve success commensurate with his or her ability and commitment. Kids will be in a safe, team environment in which they may experience personal growth from their experiences. All swimmers must also register with USA Swimming. Call the pool for more information at 206-842-2302 #106 and ask for head coach Carolyn Ackerley, or assistant coaches Kate Carr and Leilani Tonsmann. For more information, go to www.biaquatics.org/youth-bisc.



BRONZE (LEVEL 1) monthly dues, plus additional meet fees
Must be 7 years or older and able to swim four competitive strokes legally
3 practices per week and scheduled meets

SILVER (LEVEL 2) monthly dues, plus additional meet fees
4 practices per week and scheduled meets

GOLD (LEVEL 3) monthly dues, plus additional meet fees
5 practices per week and scheduled meets

CHAMPS (LEVEL 4) monthly dues, plus additional meet fees
6 practices per week and scheduled meets

REGIONAL (LEVEL 5) monthly dues, plus additional meet fees
7 practices per week and scheduled meets

SECTIONAL (LEVEL 6) monthly dues, plus additional meet fees
7 practices per week and scheduled meets

JR. NATIONAL (LEVEL 7) monthly dues, plus additional meet fees
8 practices per week and scheduled meets



MASTERS SWIM TEAM (BAM)

The Bainbridge Aquatic Masters (BAM) is a year-round workout group within the Pacific Northwest Association of the United States Masters Swimming (USMS), a program for adults that exists to benefit all interested adult swimmers. The program is for swimmers ages 18+ and of any abilities, who want conditioning and stroke technique enhancement. It's great fun for lap swimmers who want to add a new dimension to their routine. Swim meets, triathlons, and open-water competitions are available for those who want to compete. The overriding philosophy of Masters Swimming is that participation in sports can and should be a life-enhancing experience. Our program emphasizes structure and continuous instruction. We are a true community program and serve over 130 team members. We look forward to seeing you at the pool! For more information, email April Cheadle at april@biparks.org or visit www.biaquatics.org/adult-bam.



WET WORKOUT TIMES

| | |
|-----|--|
| M | 9:00-10:30a |
| TTh | 5:15-6:30a, 9:00-10:15a, 12:00-1:15p |
| W | 9:00-10:15a, 10:30-11:45a, 12:00-1:15p |
| F | 6:30-7:45a, 9:00-10:15a |
| Sa | 5:30-7:00a, 7:00-8:30a |



*Specialized workout groups change weekly. Contact Coach April for group assignments. For beginners or those returning to the sport after an absence, be sure to try the Wednesday 10:30a workout. For those interested in Race Pace Training, starts from the blocks or meet prep, stop by the Wednesday 12:00p workout.

OPEN WATER WORKOUTS ARE SCHEDULED EACH WEEK

CONTACT COACH FOR APPROVAL AND AVAILABILITY

BAM DUES

SEE BIAQUATICS.ORG OR THE AQUATIC CENTER FRONT DESK FOR MONTHLY FEES AND PUNCH PASS OPTIONS



ADULT AQUA FIT CLASSES

THIS SCHEDULE BEGINS 6/22

| | MON | TUE | WED | THURS | FRI | SAT | SUN |
|--------------------------|--|---|--|---|---|--------------------------------|--------------------------------|
| Morning Classes | Weekday Core 8:00-9:00a Hydro Fit 9:00-10:00a Aqua Arthritis 9:00-10:00a Boot Camp 10:30-11:30a | Hydro Fit 9:00-10:00a | Weekday Core 8:00-9:00a Hydro Fit 9:00-10:00a | Hydro Fit 9:00-10:00a | Weekday Core 8:00-9:00a Hydro Fit 9:00-10:00a Aqua Arthritis 10:00-11:00a | River Fit 8:30-9:30a | Hydro Fit 8:30-9:30a |
| Afternoon Classes | Motion Meditation 12:00-1:00p | Noon Time Aqua Motion 12:00-1:00p | Motion Meditation 12:00-1:00p | Noon Time Aqua Motion 12:00-1:00p | | | |
| Evening Classes | | Hydro Fit 7:30-8:30p | | Hydro Fit 7:30-8:30p | | | |

****No classes on 5/25, 7/4, 9/7****
No classes during end-of-school parties; please see updated schedule.

30-DAY PASS OPTION

| | 1 x Week | 2 x Week | Unlimited | Unlimited w/ Monthly Pass |
|-------------------|----------|----------|-----------|------------------------------|
| Senior 60+ | \$29.50 | \$59.00 | \$68.00 | \$78.00 |
| Adult | \$36.00 | \$71.50 | \$79.00 | \$89.00 |

AQUATIC EXERCISE

| | YOUTH/SENIOR | ADULT |
|-------------------|--------------|----------|
| 10 Classes | \$83.00 | \$99.00 |
| 20 Classes | \$131.00 | \$174.00 |

RIVER FITNESS

Using the natural resistance of the river, our instructors will challenge you with a series of exercises. Exercises will combine cardio with muscle conditioning, stretching and toning to engage each participant in a comprehensive workout. This class will be limited to the first 10 participants and requires aquatic shoes.
Instructors: Angie, Gina, Martha

MOTION MEDITATION

Restore balance and motion to the body and soul, using movements based on tai chi and qigong. Non-swimmers and those with limited mobility welcome.
Instructor: Lynn

WEEKDAY CORE WORKOUT

Change up your workout routine by taking it to the water! This unique workout combines the best of deep and shallow water to strengthen your body from the core up!
Instructors: Liz, Sherry

HYDRO FIT

Deep-water classes are non-impact workouts, which allow participants to increase their intensity without negatively impacting their joints. Floatation devices are utilized and provided for this class. New students should plan to arrive 10 minutes early for their first class for orientation. **Instructors: Angie, Gina, Ivy, Liliana, Liz, Kate, Sherry**

NOON TIME AQUA MOTION

Energize yourself with a combo workout in the river or shallow water and then move to the deep! This class is challenging with high-energy music to keep you moving and grooving. Water shoes and water bottles are recommended.
Instructor: Martha

AQUA ARTHRITIS

The Arthritis Foundation Aquatic Workout is a warm-water exercise program shown to reduce pain and improve overall health. If arthritis is keeping you from moving the way you want to, or you need to unlock some of those stiff joints, come enjoy the healing powers of the water. Water shoes and a water bottle are required for this class. **Instructor: Sherry**

BOOT CAMP

Want more from your workout, but running or what you're doing now needs some spice? Want to sweat and get a heart-pounding workout in the water? Then try our NEW HIT-style boot camp class. HIT stands for High Intensity Training. This is a 60-minute booty kickin' workout in the Ray pool. Thursday class is a registration required class. **Instructor: Sherry**

| | | | | |
|-----------|----|------------|----------|------|
| 400510-01 | Th | 8:00-9:00a | 7/9-30 | \$36 |
| 02 | Th | 8:00-9:00a | 8/6-8/20 | \$27 |

*Drop-in available as space permits



AQUATIC CENTER



ADULT & TEEN SWIM CLASSES

YES, YOU CAN SWIM! ★

Our instructors will help you overcome your fear and feel comfortable in the water. Let us help you cross learning how to swim off of your bucket list in a warm and supportive environment.

| | | | | |
|-----------|----|---------------|-----------|------|
| 402519-01 | T | 11:20a-12:00p | 6/23-7/14 | \$40 |
| 02 | T | 11:20a-12:00p | 7/21-8/11 | \$40 |
| 03 | Th | 6:30-7:10p | 6/25-8/13 | \$80 |

I SWAM A LONG TIME AGO ★

This class is a refresher for the swimmer who has been out of the water for many years and would like to explore swimming for exercise and enjoyment.

| | | | | |
|-----------|----|---------------|-----------|------|
| 402517-01 | Th | 11:20a-12:00p | 6/25-7/16 | \$40 |
| 02 | Th | 11:20a-12:00p | 7/23-8/13 | \$40 |
| 03 | Th | 7:10-7:50p | 6/25-8/13 | \$80 |
| 04 | Th | 7:50-8:30p | 6/25-8/13 | \$80 |



TRIM THAT TRI ★

A class for adult athletes interested in competing in triathlons, but for whom swimming is a challenge. Build skills, endurance and speed in the front crawl, as well as touch on other strokes to use in a triathlon. There will be additional training ideas for practice outside of class.

| | | | | |
|-----------|---|------------|-----------|------|
| 402518-01 | T | 6:30-7:10p | 6/23-8/11 | \$80 |
|-----------|---|------------|-----------|------|

SPECIALTY CLASSES

LIFEGUARD & WATERPARK LIFEGUARD (AMERICAN RED CROSS) ★

Through a blended learning style class, you will learn skills to gain employment as a lifeguard in a waterpark or pool setting. You must be 15 years old and pass a swimming skill assessment. Skill assessments will be given on the first day of class. For more information go to www.biaquatics.org. **Min 5/Max 10**

| | | | | |
|-----------|-----|------------------------------|-----------|-------|
| 102520-02 | FSu | F 5:00-8:30p, Su 12:00-6:00p | 5/29-6/14 | \$318 |
|-----------|-----|------------------------------|-----------|-------|

LIFEGUARD REVIEW COURSE

This class is a review for current American Red Cross Lifeguards. In a review, you can renew your certification if all skills and exams are completed successfully. This is a course that requires water and in-class sessions to complete.

| | | | | |
|-----------|----|-------------|------------|-------|
| 102520-03 | Su | 8:00a-2:00p | 5/10, 5/17 | \$195 |
|-----------|----|-------------|------------|-------|

WATER SAFETY FOR SWIM COACHES

Through a blended learning style class, you will learn skills to gain the basic water safety skills required of a swim coach for USA Swimming. Coaches will be required to finish the online portion prior to the skill session with our certified American Red Cross Instructor. *Online course fee with USA Swimming not included* **Min 4/Max 10**

| | | | | |
|-----------|----|-------------|------|------|
| 402520-02 | Sa | 8:00-10:30a | 7/25 | \$75 |
|-----------|----|-------------|------|------|

Due to blended learning, registration will cut off one week prior to the class date. The online portion must be completed, and a certificate of completion presented before the class date; if NOT you will not be refunded or allowed to take the class.

BABYSITTER TRAINING (AMERICAN RED CROSS) ★

Ages 11 and up. Invest some time to jumpstart your money-earning ability and knowledge of younger children: so many families appreciate a trained sitter! Join our Red Cross instructor in basic first aid and safety skills, age-appropriate activities, infant handling, basic CPR, marketing your services and more. Students who successfully complete the course will receive their Red Cross certificate. Class size is limited. **Min 5/Max 12**. Aquatic Center

| | | | | |
|-----------|-----|-------------|-----------|-------|
| 402536-01 | FSa | 9:00a-1:00p | 7/10-11 | \$128 |
| 02 | F | 9:00a-1:00p | 8/7, 8/14 | \$128 |

ADULT/CHILD & PEDIATRIC CPR/AED & FIRST AID CLASS ★

Would you like to feel confident that you could help a neighbor or family member in an emergency? If so, one of the first and most important steps is becoming certified in basic CPR and first aid. Our classes are blended learning for the busy student. **Min 8/Max 12**

| | | | | |
|-----------|----|-------------|------|------|
| 102522-02 | W | 5:30-7:30p | 5/27 | \$72 |
| 03 | Sa | 9:00-11:00a | 6/6 | \$72 |
| 04 | W | 9:00-11:00a | 6/10 | \$72 |
| 05 | T | 4:00-6:00p | 6/16 | \$72 |



CHECK OUT OUR BABYSITTER CAMP ON PAGE 91



AQUATIC CENTER



YOUTH SPECIALTY CLASS

SPLASH INTO FITNESS 1

Ages 11 and under. This class is for the younger swimmer who has passed Dolphin and wants to keep swimming for exercise. The emphasis for the younger, smaller swimmer is developing endurance and pacing with shorter repeat sets. Swimmers must be able to swim front crawl 2 pool lengths with good side-breathing the entire distance.

Monday-Thursday

| | | | |
|-----------|---------------|---------|-----------|
| 400502-01 | 11:20a-12:00p | \$80.00 | 6/23-7/2* |
| 02 | 11:20a-12:00p | \$80.00 | 7/6-7/16 |
| 03 | 11:20a-12:00p | \$80.00 | 7/20-7/30 |
| 04 | 11:20a-12:00p | \$80.00 | 8/3-8/13 |

*Make up day 6/26



BECOME PART OF OUR TEAM!

AS A LIFEGUARD, SWIM INSTRUCTOR
OR WATER FITNESS INSTRUCTOR.

CALL MEGAN PLELI
206-842-2302

PREMIUM SWIM CLASSES

SEMI-PRIVATE PREMIUM CLASSES
MAX OF 3 STUDENTS

In this premium swim class, your child will receive specialized attention they would gain during a semi-private swim lesson. This individualized instruction will allow the instructor to challenge the swimmer and pique their interest, gaining confidence and the skills to progress at their own rate. These premium classes will be held during regular swim lessons and will be limited to three students. Sign up today, as class space is limited!

BETTA FISH (K3) #402504

| | | | | |
|----------|-----|--------------|-----------|----------|
| Sec # 18 | M-F | 10:10-10:40a | 8/17-8/21 | \$142.50 |
| 19 | M-F | 11:20-11:50a | 8/17-8/21 | \$142.50 |

GUPPY #402506

| | | | | |
|----|------|------------|-----------|----------|
| 09 | T/Th | 8:25-8:55a | 6/23-7/2 | \$114.00 |
| 10 | T/Th | 8:25-8:55a | 7/7-7/16 | \$114.00 |
| 11 | T/Th | 8:25-8:55a | 7/21-7/30 | \$114.00 |
| 12 | T/Th | 8:25-8:55a | 8/4-8/13 | \$114.00 |

MINNOW #402507

| | | | | |
|----------|-----|--------------|-----------|----------|
| Sec # 21 | M/W | 8:25-8:55a | 6/24-7/1* | \$114.00 |
| 22 | M/W | 8:25-8:55a | 7/6-7/15 | \$114.00 |
| 23 | M/W | 8:25-8:55a | 7/20-7/29 | \$114.00 |
| 24 | M/W | 8:25-8:55a | 8/3-8/12 | \$114.00 |
| 25 | M-F | 9:00-9:30a | 8/17-8/21 | \$142.50 |
| 26 | M-F | 10:10-10:40a | 8/17-8/21 | \$142.50 |

FISH #402508

| | | | | |
|----------|-----|--------------|-----------|----------|
| Sec # 23 | M-F | 9:00-9:30a | 8/17-8/21 | \$142.50 |
| 24 | M-F | 10:10-10:40a | 8/17-8/21 | \$142.50 |

FLY FISH #402509

| | | | | |
|----------|-----|--------------|-----------|----------|
| Sec # 21 | M-F | 9:00-9:30a | 8/17-8/21 | \$142.50 |
| 22 | M-F | 10:10-10:40a | 8/17-8/21 | \$142.50 |

STING RAY #402510

| | | | | |
|----------|-----|---------------|-----------|----------|
| Sec # 07 | M/W | 11:20a-12:00p | 6/24-7/1* | \$114.00 |
| 08 | M/W | 11:20a-12:00p | 7/6-7/15 | \$114.00 |
| 09 | M/W | 11:20a-12:00p | 7/20-7/29 | \$114.00 |
| 10 | M/W | 11:20a-12:00p | 8/3-8/12 | \$114.00 |
| 11 | M-F | 9:00-9:40a | 8/17-8/21 | \$142.50 |
| 12 | M-F | 11:20a-12:00p | 8/17-8/21 | \$142.50 |

MANTA RAY #402511

| | | | | |
|----------|------|---------------|-----------|----------|
| Sec # 07 | T/Th | 11:20a-12:00p | 6/23-7/2 | \$114.00 |
| 08 | T/Th | 11:20a-12:00p | 7/7-7/16 | \$114.00 |
| 09 | T/Th | 11:20a-12:00p | 7/21-7/30 | \$114.00 |
| 10 | T/Th | 11:20a-12:00p | 8/4-8/13 | \$114.00 |
| 11 | M-F | 9:45-10:25a | 8/17-8/21 | \$142.50 |
| 12 | M-F | 11:20a-12:00p | 8/17-8/21 | \$142.50 |

DOLPHIN #402512

| | | | | |
|----|-----|--------------|-----------|---------|
| 05 | M-F | 10:30-11:10a | 8/17-8/21 | \$142.5 |
|----|-----|--------------|-----------|---------|

SWIM LESSONS

See Quick Guide to Progression on page 98

TINY TOTS #402501

Monday/Wednesday

| | | | |
|---------|--------------|-----------|------|
| Sec #01 | 10:10-10:40a | 6/23-7/2* | \$40 |
| 02 | 10:10-10:40a | 7/6-7/15 | \$40 |
| 03 | 10:10-10:40a | 7/20-7/29 | \$40 |
| 04 | 10:10-10:40a | 8/3-8/12 | \$40 |

Tuesday/Thursday

| | | | |
|----|------------|-----------|------|
| 05 | 5:15-5:45p | 6/23-7/16 | \$80 |
| 06 | 5:15-5:45p | 7/21-8/13 | \$80 |

TINY STARFISH #402542

Tuesday/Thursday

| | | | |
|---------|--------------|-----------|------|
| Sec #01 | 10:10-10:40a | 6/23-7/2 | \$40 |
| 02 | 10:10-10:40a | 7/7-7/16 | \$40 |
| 03 | 10:10-10:40a | 7/21-7/30 | \$40 |
| 04 | 10:10-10:40a | 8/4-8/13 | \$40 |
| 05 | 5:50-6:20p | 6/23-7/16 | \$80 |
| 06 | 5:50-6:20p | 7/21-8/13 | \$80 |

STARFISH (K1) #402502

Monday-Thursday

| | | | |
|---------|--------------|-----------|------|
| Sec #01 | 9:00-9:30a | 6/23-7/2* | \$80 |
| 02 | 9:35-10:05a | 6/23-7/2* | \$80 |
| 03 | 10:10-10:40a | 6/23-7/2* | \$80 |
| 04 | 11:20-11:50a | 6/23-7/2* | \$80 |
| 05 | 9:00-9:30a | 7/6-7/16 | \$80 |
| 06 | 9:35-10:05a | 7/6-7/16 | \$80 |
| 07 | 10:10-10:40a | 7/6-7/16 | \$80 |
| 08 | 11:20-11:50a | 7/6-7/16 | \$80 |
| 09 | 9:00-9:30a | 7/20-7/30 | \$80 |
| 10 | 9:35-10:05a | 7/20-7/30 | \$80 |
| 11 | 10:10-10:40a | 7/20-7/30 | \$80 |
| 12 | 11:20-11:50a | 7/20-7/30 | \$80 |
| 13 | 9:00-9:30a | 8/3-8/13 | \$80 |
| 14 | 9:35-10:05a | 8/3-8/13 | \$80 |
| 15 | 10:10-10:40a | 8/3-8/13 | \$80 |
| 16 | 11:20-11:50a | 8/3-8/13 | \$80 |

Tuesday/Thursday

| | | | |
|----|------------|-----------|------|
| 17 | 4:40-5:10p | 6/23-7/16 | \$80 |
| 18 | 5:15-5:45p | 6/23-7/16 | \$80 |
| 19 | 4:40-5:10p | 7/21-8/13 | \$80 |
| 20 | 5:15-5:45p | 7/21-8/13 | \$80 |

Monday-Friday Mini Session

| | | | |
|----|--------------|-----------|------|
| 21 | 9:00-9:30a | 8/17-8/21 | \$50 |
| 22 | 9:35-10:05a | 8/17-8/21 | \$50 |
| 23 | 10:10-10:40a | 8/17-8/21 | \$50 |
| 24 | 11:20-11:50a | 8/17-8/21 | \$50 |

ANGELFISH (K2) #402503

Monday-Thursday

| | | | |
|---------|--------------|-----------|------|
| Sec #01 | 9:35-10:05a | 6/23-7/2* | \$80 |
| 02 | 10:45-11:15a | 6/23-7/2* | \$80 |
| 03 | 11:20-11:50a | 6/23-7/2* | \$80 |
| 04 | 9:35-10:05a | 7/6-7/16 | \$80 |
| 05 | 10:45-11:15a | 7/6-7/16 | \$80 |
| 06 | 11:20-11:50a | 7/6-7/16 | \$80 |
| 07 | 9:35-10:05a | 7/20-7/30 | \$80 |
| 08 | 10:45-11:15a | 7/20-7/30 | \$80 |
| 09 | 11:20-11:50a | 7/20-7/30 | \$80 |
| 10 | 9:35-10:05a | 8/3-8/13 | \$80 |
| 11 | 10:45-11:15a | 8/3-8/13 | \$80 |
| 12 | 11:20-11:50a | 8/3-8/13 | \$80 |

Tuesday/Thursday

| | | | |
|----|------------|-----------|------|
| 13 | 4:40-5:10p | 6/23-7/16 | \$80 |
| 14 | 5:50-6:20p | 6/23-7/16 | \$80 |
| 15 | 4:40-5:10p | 7/21-8/13 | \$80 |
| 16 | 5:50-6:20p | 7/21-8/13 | \$80 |

Mon-Friday Mini Session

| | | | |
|----|--------------|-----------|------|
| 17 | 9:35-10:05a | 8/17-8/21 | \$50 |
| 18 | 10:45-11:15a | 8/17-8/21 | \$50 |
| 19 | 11:20-11:50a | 8/17-8/21 | \$50 |

BETTA FISH (K3) #402504

Monday-Thursday

| | | | |
|---------|--------------|-----------|------|
| Sec #01 | 10:10-10:40a | 6/23-7/2* | \$80 |
| 02 | 10:45-11:15a | 6/23-7/2* | \$80 |
| 03 | 11:20-11:50a | 6/23-7/2* | \$80 |
| 04 | 10:10-10:40a | 7/6-7/16 | \$80 |
| 05 | 10:45-11:15a | 7/6-7/16 | \$80 |
| 06 | 11:20-11:50a | 7/6-7/16 | \$80 |
| 07 | 10:10-10:40a | 7/20-7/30 | \$80 |
| 08 | 10:45-11:15a | 7/20-7/30 | \$80 |
| 09 | 11:20-11:50a | 7/20-7/30 | \$80 |
| 10 | 10:10-10:40a | 8/3-8/13 | \$80 |
| 11 | 10:45-11:15a | 8/3-8/13 | \$80 |
| 12 | 11:20-11:50a | 8/3-8/13 | \$80 |

Tuesday/Thursday

| | | | |
|----|------------|-----------|------|
| 13 | 5:15-5:45p | 6/23-7/16 | \$80 |
| 14 | 5:50-6:20p | 6/23-7/16 | \$80 |
| 15 | 5:15-5:45p | 7/21-8/13 | \$80 |
| 16 | 5:50-6:20p | 7/21-8/13 | \$80 |

Monday-Friday Mini Session

| | | | |
|----|--------------|-----------|------|
| 17 | 10:45-11:15a | 8/17-8/21 | \$50 |
|----|--------------|-----------|------|

CLOWNFISH (K4) #402505

Monday-Thursday

| | | | |
|---------|------------|-----------|------|
| Sec #01 | 9:00-9:30a | 6/23-7/2* | \$80 |
| 02 | 9:00-9:30a | 7/6-7/16 | \$80 |
| 03 | 9:00-9:30a | 7/20-7/30 | \$80 |
| 04 | 9:00-9:30a | 8/3-8/13 | \$80 |

Tuesday/Thursday

| | | | |
|----|------------|-----------|------|
| 05 | 5:50-6:20p | 6/23-7/16 | \$80 |
| 06 | 5:50-6:20p | 7/21-8/13 | \$80 |

Monday-Friday Mini Session

| | | | |
|----|------------|-----------|------|
| 07 | 9:00-9:30a | 8/17-8/21 | \$50 |
|----|------------|-----------|------|



LITTLE FISH (K5) #402540

Monday-Thursday

| | | | |
|---------|------------|-----------|------|
| Sec #01 | 9:00-9:30a | 6/23-7/2* | \$80 |
| 02 | 9:00-9:30a | 7/6-7/16 | \$80 |
| 03 | 9:00-9:30a | 7/20-7/30 | \$80 |
| 04 | 9:00-9:30a | 8/3-8/13 | \$80 |

Tuesday/Thursday

| | | | |
|----|------------|-----------|------|
| 05 | 5:50-6:20p | 6/23-7/16 | \$80 |
| 06 | 5:50-6:20p | 7/21-8/13 | \$80 |

Monday-Friday Mini Session

| | | | |
|----|------------|-----------|------|
| 07 | 9:00-9:30a | 8/17-8/21 | \$50 |
|----|------------|-----------|------|

GUPPY (LV1) #402506

Monday-Thursday

| | | | |
|---------|--------------|-----------|------|
| Sec #01 | 9:35-10:05a | 6/23-7/2* | \$80 |
| 02 | 10:45-11:15a | 6/23-7/2* | \$80 |
| 03 | 9:35-10:05a | 7/6-7/16 | \$80 |
| 04 | 10:45-11:15a | 7/6-7/16 | \$80 |
| 05 | 9:35-10:05a | 7/20-7/30 | \$80 |
| 06 | 9:35-10:05a | 8/3-8/13 | \$80 |
| 07 | 10:45-11:15a | 8/3-8/13 | \$80 |

Monday-Friday Mini Session

| | | | |
|----|-------------|-----------|------|
| 08 | 9:35-10:05a | 8/17-8/21 | \$50 |
|----|-------------|-----------|------|

MINNOW (LV2) #402507

Monday-Thursday

| | | | |
|---------|--------------|-----------|------|
| Sec# 01 | 9:00-9:30a | 6/23-7/2* | \$80 |
| 02 | 9:35-10:05a | 6/23-7/2* | \$80 |
| 03 | 10:10-10:40a | 6/23-7/2* | \$80 |
| 04 | 10:45-11:15a | 6/23-7/2* | \$80 |
| 05 | 9:00-9:30a | 7/6-7/16 | \$80 |
| 06 | 9:35-10:05a | 7/6-7/16 | \$80 |
| 07 | 10:10-10:40a | 7/6-7/16 | \$80 |
| 08 | 10:45-11:15a | 7/6-7/16 | \$80 |
| 09 | 9:00-9:30a | 7/20-7/30 | \$80 |
| 10 | 9:35-10:05a | 7/20-7/30 | \$80 |
| 11 | 10:10-10:40a | 7/20-7/30 | \$80 |
| 12 | 10:45-11:15a | 7/20-7/30 | \$80 |
| 13 | 9:00-9:30a | 8/3-8/13 | \$80 |
| 14 | 9:35-10:05a | 8/3-8/13 | \$80 |
| 15 | 10:10-10:40a | 8/3-8/13 | \$80 |
| 16 | 10:45-11:15a | 8/3-8/13 | \$80 |

Tuesday/Thursday

| | | | |
|----|------------|-----------|------|
| 17 | 4:40-5:10p | 6/23-7/16 | \$80 |
| 18 | 4:40-5:10p | 7/21-8/13 | \$80 |

Monday-Friday Mini Session

| | | | |
|----|--------------|-----------|------|
| 19 | 9:35-10:05a | 8/17-8/21 | \$50 |
| 20 | 10:45-11:15a | 8/17-8/21 | \$50 |

*Make up class on 6/26

ALL SWIM LESSONS ARE ELIGIBLE FOR HELPLINE VOUCHERS



MON-THURS

TUES/THURS

MON-FRI



FISH (LV3A) #402508

Monday-Thursday

| | | | |
|---------|--------------|-----------|------|
| Sec# 01 | 9:00-9:30a | 6/23-7/2* | \$80 |
| 02 | 9:35-10:05a | 6/23-7/2* | \$80 |
| 03 | 10:10-10:40a | 6/23-7/2* | \$80 |
| 04 | 10:45-11:15a | 6/23-7/2* | \$80 |
| 05 | 9:00-9:30a | 7/6-7/16 | \$80 |
| 06 | 9:35-10:05a | 7/6-7/16 | \$80 |
| 07 | 10:10-10:40a | 7/6-7/16 | \$80 |
| 08 | 10:45-11:15a | 7/6-7/16 | \$80 |
| 09 | 9:00-9:30a | 7/20-7/30 | \$80 |
| 10 | 9:35-10:05a | 7/20-7/30 | \$80 |
| 11 | 10:10-10:40a | 7/20-7/30 | \$80 |
| 12 | 10:45-11:15a | 7/20-7/30 | \$80 |
| 13 | 9:00-9:30a | 8/3-8/13 | \$80 |
| 14 | 9:35-10:05a | 8/3-8/13 | \$80 |
| 15 | 10:10-10:40a | 8/3-8/13 | \$80 |
| 16 | 10:45-11:15a | 8/3-8/13 | \$80 |

Tuesday/Thursday

| | | | |
|----|------------|-----------|------|
| 17 | 4:40-5:10p | 6/23-7/16 | \$80 |
| 18 | 4:40-5:10p | 7/21-8/13 | \$80 |

Monday-Friday Mini Session

| | | | |
|----|--------------|-----------|------|
| 19 | 9:00-9:30a | 8/17-8/21 | \$50 |
| 20 | 9:35-10:05a | 8/17-8/21 | \$50 |
| 21 | 10:10-10:40a | 8/17-8/21 | \$50 |
| 22 | 10:45-11:15a | 8/17-8/21 | \$50 |

FLYING FISH (LV3B) #402509

Monday-Thursday

| | | | |
|---------|--------------|-----------|------|
| Sec #01 | 9:00-9:30a | 6/23-7/2* | \$80 |
| 02 | 9:35-10:05a | 6/23-7/2* | \$80 |
| 03 | 10:10-10:40a | 6/23-7/2* | \$80 |
| 04 | 10:45-11:15a | 6/23-7/2* | \$80 |
| 05 | 9:00-9:30a | 7/6-7/16 | \$80 |
| 06 | 9:35-10:05a | 7/6-7/16 | \$80 |
| 07 | 10:10-10:40a | 7/6-7/16 | \$80 |
| 08 | 10:45-11:15a | 7/6-7/16 | \$80 |
| 09 | 9:00-9:30a | 7/20-7/30 | \$80 |
| 10 | 9:35-10:05a | 7/20-7/30 | \$80 |
| 11 | 10:10-10:40a | 7/20-7/30 | \$80 |
| 12 | 10:45-11:15a | 7/20-7/30 | \$80 |
| 13 | 9:00-9:30a | 8/3-8/13 | \$80 |
| 14 | 9:35-10:05a | 8/3-8/13 | \$80 |
| 15 | 10:10-10:40a | 8/3-8/13 | \$80 |
| 16 | 10:45-11:15a | 8/3-8/13 | \$80 |

Tuesday/Thursday

| | | | |
|----|------------|-----------|------|
| 17 | 5:15-5:45p | 6/23-7/16 | \$80 |
| 18 | 5:15-5:45p | 7/21-8/13 | \$80 |

Monday-Friday Mini Session

| | | | |
|----|--------------|-----------|------|
| 19 | 9:35-10:05a | 8/17-8/21 | \$50 |
| 20 | 10:45-11:15a | 8/17-8/21 | \$50 |



STING RAY (LV4A) #402510

Monday-Thursday

| | | | |
|---------|------------|-----------|------|
| Sec #01 | 9:00-9:40a | 6/23-7/2* | \$80 |
| 02 | 9:00-9:40a | 7/6-7/16 | \$80 |
| 03 | 9:00-9:40a | 7/20-7/30 | \$80 |
| 04 | 9:00-9:40a | 8/3-8/13 | \$80 |

Tuesday/Thursday

| | | | |
|----|------------|-----------|------|
| 05 | 4:40-5:20p | 6/23-7/16 | \$80 |
| 06 | 4:40-5:20p | 7/21-8/13 | \$80 |

MANTA RAY (LV4B) #402511

Monday-Thursday

| | | | |
|---------|-------------|-----------|------|
| Sec #01 | 9:45-10:25a | 6/23-7/2* | \$80 |
| 02 | 9:45-10:25a | 7/6-7/16 | \$80 |
| 03 | 9:45-10:25a | 7/20-7/30 | \$80 |
| 04 | 9:45-10:25a | 8/3-8/13 | \$80 |

Tuesday/Thursday

| | | | |
|----|------------|-----------|------|
| 05 | 4:40-5:20p | 6/23-7/16 | \$80 |
| 06 | 4:40-5:20p | 7/21-8/13 | \$80 |

DOLPHIN (LV5) #402512

Monday-Thursday

| | | | |
|---------|--------------|-----------|------|
| Sec #01 | 10:30-11:10a | 6/23-7/2* | \$80 |
| 02 | 10:30-11:10a | 7/6-7/16 | \$80 |
| 03 | 10:30-11:10a | 7/20-7/30 | \$80 |
| 04 | 10:30-11:10a | 8/3-8/13 | \$80 |

SPLASH INTO FITNESS 1 #400502

Monday-Thursday

| | | | |
|---------|--------------|-----------|------|
| Sec #01 | 11:20-11:50a | 6/23-7/2* | \$80 |
| 02 | 11:20-11:50a | 7/6-7/16 | \$80 |
| 03 | 11:20-11:50a | 7/20-7/30 | \$80 |
| 04 | 11:20-11:50a | 8/3-8/13 | \$80 |

DIVING FISH 1 #401101

Monday-Thursday

| | | | |
|---------|--------------|-----------|------|
| Sec #01 | 11:20-11:50a | 6/23-7/2* | \$80 |
| 02 | 11:20-11:50a | 7/6-7/16 | \$80 |
| 03 | 10:45-11:15a | 7/20-7/30 | \$80 |
| 04 | 11:20-11:50a | 7/20-7/30 | \$80 |
| 05 | 11:20-11:50a | 8/3-8/13 | \$80 |

Mon-Friday Mini Session

| | | | |
|----|--------------|-----------|------|
| 06 | 10:10-10:40 | 8/17-8/21 | \$50 |
| 07 | 10:45-11:15a | 8/17-8/21 | \$50 |

DIVING FISH 2 #401102

Mon-Friday Mini Session

| | | | |
|---------|--------------|-----------|------|
| Sec #01 | 10:45-11:15a | 8/17-8/21 | \$50 |
|---------|--------------|-----------|------|

CHEER STUNTING AND TUMBLING

Ages 6-17. For girls or boys who want to learn cheer stunting and tumbling. Class concentrates on stunting techniques for partner and group, tumbling, trampoline, strength, balance and flexibility. Find out more on page 46.



When school is out... CAMP is in!

Working while the kids are out of school? The All-Day Explorer Camp offers care from 7:00am-6:00pm. Check out our fun plans ALL SUMMER LONG! We'll adventure around the Island and spend time at the Aquatic Center. Keep the kids entertained and engaged all-day!

Check out our themes and weeks on page 23.

***Make up class on 6/26
ALL SWIM LESSONS ARE ELIGIBLE FOR
HELPLINE VOUCHERS**

SWIMMING LESSONS

A Quick Guide to the Progression

| LEVEL & AGES | LENGTH | I CAN... | CLASS SIZES |
|---|----------------------|--|---------------------|
| Tiny Tots Age: 6 mon-3 yr | 30 Min | A parent or care giver must be in the water <ul style="list-style-type: none"> • hold up my head by myself • I need to be in the water with a care giver | Min 5/Max 12 |
| Tiny Starfish Age: 2 -5 yr | 30 Min | A parent or care giver must be in the water <ul style="list-style-type: none"> • I am ready to start floating and exploring the water, but I am not ready to go without a care giver | Min 5/Max 12 |
| Starfish PSA Level 1 Age: 3-5 yr | 30 Min | <ul style="list-style-type: none"> • be in the water without my parents or care giver • follow directions and stay with my teacher • I have little or no experience in the water • I can't float by myself on my front or back | Min 3/Max 5 |
| Angelfish PSA Level 2 Age: 3-5 yr | 30 Min | <ul style="list-style-type: none"> • I like to go underwater because its fun and do 5 underwater bobs • front float with my face in the water by myself for 3 seconds • float on my back with ears in the water for 5 seconds with my instructor | Min 3/Max 5 |
| Beta Fish PSA Level 2 Age: 3-5 yr | 30 Min | <ul style="list-style-type: none"> • push off the wall and glide to my teacher on both my front and back for 3 body lengths • I am not scared to swim in the lane with my teacher • float on my front and back for 5 seconds in water over my head | Min 3/Max 6 |
| Clownfish PSA Level 3 Age: 3-5 yr | 30 Min | <ul style="list-style-type: none"> • glide and kick on my front and back for 5 body lengths • tread water and back float for 10 seconds each • swim on my front and back 5 yards to the flags • I am ready to swim in the dive tank with my instructor • do 10 underwater bobs without stopping | Min 3/Max 6 |
| Little Fish Level 3A Age: 3-5 yr | 30 Min | <ul style="list-style-type: none"> • swim on my front and back halfway across the pool • tread water and back float for 15 seconds each • rotate from a front float to a back float and back to a front float | Min 3/Max 6 |
| Guppy Level 1 Age: 6-12 yr | 30 Min | <ul style="list-style-type: none"> • I have little or no water experience • play in the water but I don't know how to float on my front or back • I am not comfortable swimming in the lanes | Min 3/Max 6 |
| Minnow Level 2 Age: 6-12 yr | 30 Min-45 Min | <ul style="list-style-type: none"> • float on my front and back for 5 seconds by myself • push off the wall in a front and back glide for 3 body lengths • I am ready to swim in a lane • I am ready to explore the dive tank with my teacher | Min 3/Max 6 |
| Fish Level 3A Age: 6-12 yr | 30 Min-45 Min | <ul style="list-style-type: none"> • swim half way across the pool on my front and back • tread water and back float for 15 seconds each • do 10 non-stop bobs with my head underwater easily rotate from a front glide to a back glide and back again • I am ready to swim in the dive tank with my teacher | Min 3/Max 7 |
| Flying Fish Level 3B Age: 6-12 yr | 30 Min-45 Min | <ul style="list-style-type: none"> • tread water and backfloat for 30 seconds each • swim front crawl with rhythmic breathing 2/3 of a pool length • swim on my back with elementary backstroke kick 2/3 of a pool length • swim longer distance without getting too tired | Min 3/Max 7 |
| Sting Ray Level 4A Age: 6-12 yr | 30 Min-45 Min | <ul style="list-style-type: none"> • tread water and back float for 1 minute each • swim front crawl w/ consistent side breathing 2/3 of a pool length • swim correct elementary backstroke 2/3 of a pool length • I know how to dolphin kick and scissor kick 2/3 of a pool length | Min 3/Max 8 |
| Manta Ray Level 4B Age: 6-12 yr | 30 Min-45 Min | <ul style="list-style-type: none"> • swim front crawl with correct side breathing 1 pool length • swim breaststroke and butterfly with proper timing 2/3 of a pool length • swim sidestroke and backstroke 2/3 of a pool length • swim elementary backstroke for 1 pool length | Min 3/Max 8 |
| Dolphin Level 5 Age: 6-12 yr | 30 Min-45 Min | <ul style="list-style-type: none"> • swim front crawl with side breathing for 2 pool lengths • swim all of my strokes with correct timing and technique • I want to learn flip turns and my goal is to swim fast and efficiently for swim team | Min 3/Max 8 |