

## Session 10: October 2026

| Sunday                               |            |    | Monday                                                                        |    |            | Tuesday                 |            |    | Wednesday                                                                                                    |    |            | Thursday                |            |            | Friday                             |  |                | Saturday       |            |  |  |   |  |
|--------------------------------------|------------|----|-------------------------------------------------------------------------------|----|------------|-------------------------|------------|----|--------------------------------------------------------------------------------------------------------------|----|------------|-------------------------|------------|------------|------------------------------------|--|----------------|----------------|------------|--|--|---|--|
| (oct)                                | Session 10 | 4  | Session 10                                                                    | 5  | Session 10 | 6                       | Session 10 | 7  | Session 10                                                                                                   | 8  | Session 10 | 9                       | Session 10 | 1          |                                    |  |                |                |            |  |  |   |  |
| X<br>LL Closed                       |            |    | X<br>LL Closed                                                                |    |            | X<br>LL Closed          |            |    | X<br>LL Closed                                                                                               |    |            | X<br>LL Closed          |            |            | X<br>LL Closed                     |  |                |                |            |  |  |   |  |
| (oct)                                | Session 10 | 11 | Session 10                                                                    | 12 | Session 10 | 13                      | Session 10 | 14 | Session 10                                                                                                   | 15 | Session 10 |                         | 16         | Session 10 | 1                                  |  |                |                |            |  |  |   |  |
| 12:30-4:30pm Private @LL             |            |    | 5:30-5:55pm Level 1 @LL<br>6:00-6:25pm Level 2 @LL<br>6:30-8:00pm Private @LL |    |            | 5:30-8:00pm Private @LL |            |    | 9:00-11:00am Privates @LL<br><br>5:30-5:55pm Level 1 @LL<br>6:00-6:25pm Level 2 @LL<br>6:30-8:00 Private @LL |    |            | 5:30-8:00pm Private @LL |            |            | No Session 11 Group Lessons        |  | X<br>LL Closed |                |            |  |  |   |  |
|                                      |            |    |                                                                               |    |            |                         |            |    |                                                                                                              |    |            |                         |            |            | 9:00-11:00am Privates @LL          |  |                |                |            |  |  |   |  |
|                                      |            |    |                                                                               |    |            |                         |            |    |                                                                                                              |    |            |                         |            |            |                                    |  |                |                |            |  |  |   |  |
|                                      |            |    |                                                                               |    |            |                         |            |    |                                                                                                              |    |            |                         |            |            |                                    |  |                |                |            |  |  |   |  |
| (oct)                                | Session 10 | 18 | Session 10                                                                    | 19 | Session 10 | 20                      | Session 10 | 21 | Session 10                                                                                                   | 22 | Session 10 |                         | 23         | Session 10 | 2                                  |  |                |                |            |  |  |   |  |
| X<br>LL Closed                       |            |    | 5:30-5:55pm Level 1 @LL<br>6:00-6:25pm Level 2 @LL<br>6:30-8:00 Private @LL   |    |            | 5:30-8:00pm Private @LL |            |    | 9:00-11:00am Privates @LL<br><br>5:30-5:55pm Level 1 @LL<br>6:00-6:25pm Level 2 @LL<br>6:30-8:00 Private @LL |    |            | 5:30-8:00pm Private @LL |            |            | 9:00-11:00am Privates @LL          |  | X<br>LL Closed |                |            |  |  |   |  |
| (oct)                                | Session 10 | 25 | Session 10                                                                    | 26 | Session 10 | 27                      | Session 10 | 28 | Session 10                                                                                                   | 29 | Session 10 |                         | 30         | Session 10 | 3                                  |  |                |                |            |  |  |   |  |
| 12:30-4:30pm Private @LL             |            |    | 5:30-5:55pm Level 1 @LL<br>6:00-6:25pm Level 2 @LL<br>6:30-8:00 Private @LL   |    |            | 5:30-8:00pm Private @LL |            |    | 9:00-11:00am Privates @LL<br><br>5:30-5:55pm Level 1 @LL<br>6:00-6:25pm Level 2 @LL<br>6:30-8:00 Private @LL |    |            | 5:30-8:00pm Private @LL |            |            | 9:00-11:00am Privates @LL          |  |                | X<br>LL Closed |            |  |  |   |  |
|                                      |            |    |                                                                               |    |            |                         |            |    |                                                                                                              |    |            |                         |            |            |                                    |  |                |                |            |  |  |   |  |
|                                      |            |    |                                                                               |    |            |                         |            |    |                                                                                                              |    |            |                         |            |            |                                    |  |                |                |            |  |  |   |  |
|                                      |            |    |                                                                               |    |            |                         |            |    |                                                                                                              |    |            |                         |            |            |                                    |  |                |                |            |  |  |   |  |
| (nov)                                | Session 10 | 1  | Session 10                                                                    |    |            | 2                       | Session 10 |    |                                                                                                              | 3  | Session 10 |                         |            | 4          | Session 10                         |  |                | 5              | Session 10 |  |  | 6 |  |
| Signup for Session 1 Private Lessons |            |    |                                                                               |    |            |                         |            |    |                                                                                                              |    |            |                         |            |            | Signup for Session 1 Group Lessons |  |                |                |            |  |  |   |  |
| 12:30-4:30pm Private @LL             |            |    | 5:30-5:55pm Level 1 @LL<br>6:00-6:25pm Level 2 @LL<br>6:30-8:00 Private @LL   |    |            | 5:30-8:00pm Private @LL |            |    | 9:00-11:00am Privates @LL<br><br>5:30-5:55pm Level 1 @LL<br>6:00-6:25pm Level 2 @LL<br>6:30-8:00 Private @LL |    |            | 5:30-8:00pm Private @LL |            |            | X<br>LL Closed                     |  |                | X<br>LL Closed |            |  |  |   |  |
|                                      |            |    |                                                                               |    |            |                         |            |    |                                                                                                              |    |            |                         |            |            |                                    |  |                |                |            |  |  |   |  |
|                                      |            |    |                                                                               |    |            |                         |            |    |                                                                                                              |    |            |                         |            |            |                                    |  |                |                |            |  |  |   |  |
|                                      |            |    |                                                                               |    |            |                         |            |    |                                                                                                              |    |            |                         |            |            |                                    |  |                |                |            |  |  |   |  |

Recap:

| Sundays (3 lessons) |  | Mondays (4 lessons) |  | Tuesdays (4 lessons) |  | Wednesdays (4 lessons) |  | Thursdays (4 lessons) |  | Fridays (3 lessons) |  | Saturdays (3 lessons) |  | Sundays (3 lessons) |  |
|---------------------|--|---------------------|--|----------------------|--|------------------------|--|-----------------------|--|---------------------|--|-----------------------|--|---------------------|--|
| @LL 12:30-12:55pm   |  | @LL 6:30-6:55pm     |  | @LL 5:30-5:55pm      |  | @LL 9:00-9:25am        |  | @LL 5:30-5:55pm       |  | @LL 9:00-9:25am     |  | @LL 9:00-9:25am       |  | @LL 9:00-9:25am     |  |
| @LL 1:00-1:25pm     |  | @LL 7:00-7:25pm     |  | @LL 6:00-6:25pm      |  | @LL 9:30-9:55am        |  | @LL 6:00-6:25pm       |  | @LL 9:30-9:55am     |  | @LL 9:30-9:55am       |  | @LL 9:30-9:55am     |  |
| @LL 1:30-1:55pm     |  | @LL 7:30-8:00pm     |  | @LL 6:30-6:55pm      |  | @LL 10:00-10:25am      |  | @LL 6:30-6:55pm       |  | @LL 10:00-10:25am   |  | @LL 10:00-10:25am     |  | @LL 10:00-10:25am   |  |
| @LL 2:00-2:25pm     |  |                     |  | @LL 7:00-7:25pm      |  | @LL 10:30-10:55am      |  | @LL 7:00-7:25pm       |  | @LL 10:30-10:55am   |  | @LL 10:30-10:55am     |  | @LL 10:30-10:55am   |  |
| @LL 2:30-2:55pm     |  |                     |  | @LL 7:30-7:55pm      |  |                        |  | @LL 7:30-7:55pm       |  |                     |  |                       |  |                     |  |
| @LL 3:00-3:25pm     |  |                     |  |                      |  | @LL 6:30-6:55pm        |  |                       |  |                     |  |                       |  |                     |  |
| @LL 3:30-3:55pm     |  |                     |  |                      |  | @LL 7:00-7:25pm        |  |                       |  |                     |  |                       |  |                     |  |
| @LL 4:00-4:25pm     |  |                     |  |                      |  | @LL 7:30-8:00pm        |  |                       |  |                     |  |                       |  |                     |  |

  

| Group Classes:          | Cost:     | Group Classes:          | Cost:     |
|-------------------------|-----------|-------------------------|-----------|
| Level 1 (8 classes)     |           | Level 2 (8 classes)     |           |
| Mon&Wed: 5:30-5:55pm@LL | \$ 150.00 | Mon&Wed: 6:00-6:55pm@LL | \$ 150.00 |

  

**Level 1:**

Skills needed to be in the class:

Potty trained and will take directions

Skills to be learned:

Getting mouth, eyes and hair wet. Holding breath out of and under the water. Retrieving toys at different depths. Flutter kicking on stomach and back. Front and back floats. Front and back glides. Jumping into the water.

**Level 2:**

Skills needed to be in the class:

Float unassisted, flutter kick unassisted, jump into water and return to wall unassisted

Skills to be learned:

Proper bobs, rhythmic breathing, freestyle and backstroke, and diving