

LYNDHURST

LEARN – TO – SWIM

8:45 – 9:25 a.m.

Sea Monkey 15-18

Level 6: Lifeguard Readiness
Level 6: Personal Water Safety
Level 6: Fitness Swimmer
Level 5: Stroke Refinement
Level 4: Stroke Improvement
Diving

9:30 – 10:10 a.m.

Water Safety Aid

Level 6: Fitness Swimmer
Level 5: Stroke Refinement
Level 4: Stroke Improvement
Level 3: Stroke Development
Level 2: Fundamental Aquatic Skills
Level 1: Introduction to Water Skills
Pre-School Aquatics

10:15 – 10:55 a.m.

Level 4: Stroke Improvement
Level 3: Stroke Development
Level 2: Fundamental Aquatic Skills
Level 1: Introduction to Water Skills
Pre-School Aquatics
Adult and Tot

11:00 – 11:40 a.m.

Level 4: Stroke Improvement
Level 3: Stroke Development
Level 2: Fundamental Aquatic Skills
Level 1: Introduction to Water Skills
Pre-School Aquatics
Adult and Tot

11:45 – 12:40 p.m.

Swim Team

Swim Team: Information can be found at <http://goseamonkeyes.com>