

General Lesson Schedule for August 2026

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday / Saturday</u>
				Sofia Christopher (Saturday 9:30 - 12:20)
Melinda Waido 2:00 - 5:50p		Melinda Waido 2:00 - 5:50p		Melinda Waido (Fridays) 2:00 - 5:50p
Knox Newland 2:30 - 4:45	Knox Newland 2:30 - 4:45	Knox Newland 2:30 - 4:45	Knox Newland 2:30 - 4:45	Knox Newland (Friday) 2:30 - 4:45
Special Needs 4:00 - 5:40p	Special Needs 4:00 - 5:40p	Special Needs 4:00 - 5:40p	Special Needs 4:00 - 5:40p	

Group Lessons for May 2026

Level 1 -2

Beginner Lessons: Swimmers are very new to swimming or have very limited swimming skills.

Level 2-3

Intermediate Lessons: Swimmer are comfortable going underwater/can float on own/ and are starting to "swim"

Level 3-4

Advanced Lessons: Swimmers are starting to swim proper freestyle / backstroke and are working on technique

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Beginner (Level 1-2)	Beginner (Level 1-2)	Beginner (Level 1-2)	Beginner (Level 1-2)	Beginner (Level 1-2)
	3:40 - 4:15 Sofia		3:40 - 4:15 Sofia	
	4:20 - 4:55 Sofia		4:20 - 4:55 Sofia	
Intermediate (Level 2-3)	Intermediate (Level 2-3)	Intermediate (Level 2-3)	Intermediate (Level 2-3)	Intermediate (Level 2-3)
	5:40 - 6:15 Sofia		5:40 - 6:15 Sofia	
Advanced (Level 3-4)	Advanced (Level 3-4)	Advanced (Level 3-4)	Advanced (Level 3-4)	Advanced (Level 3-4)
	5:00 - 5:35 Sofia		5:00 - 5:35 Sofia	