

General Lesson Schedule for October 2026

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday / Saturday</u>
Lauren 10:00 - 11:40a		Lauren 10:00 - 11:40a		Sofia (Saturdays) 9:30 - 12:30
Melinda Waido 2:00 - 5:50p		Melinda Waido 2:00 - 5:50p		Melinda Waido (Fridays) 2:00 - 5:50p
	Knox 2:30 - 4:45p	Knox 2:30 - 4:45p	Knox 2:30 - 4:45p	
Ella Katherine 3:15p-5:30p	Ella Katherine 3:00 - 5:50p		Grace Nelson 3:00 - 5:50p	Grace Nelson (Fridays) 3:00 - 5:50p
Special Needs 4:00 - 5:30p	Special Needs 4:00 - 5:30p	Special Needs 4:00 - 5:30p	Special Needs 4:00 - 5:30p	

Group Lessons for October 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 Lauren Jones & Sofia		4:20 - 4:55 Lauren Jones & Sofia	
Intermediate (Level 2-3)	Intermediate (Level 2-3)	Intermediate (Level 2-3)	Intermediate (Level 2-3)	Intermediate (Level 2-3)
	3:40 - 4:15 Lauren Jones		3:40 - 4:15 Lauren Jones	
	4:20 - 4:55 Grace Chism		4:20 - 4:55 Grace Chism	
	5:00 - 5:35 Grace Chism		5:00 - 5:35 Grace Chism	
	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)
	3:40 - 4:15 Grace Chism		3:40 - 4:15 Grace Chism	
	5:00 - 5:35 Lauren Jones & Sofia		5:00 - 5:35 Lauren Jones & Sofia	
	5:40 - 6:15 Grace Chism		5:40 - 6:15 Grace Chism	