



# SUMMER SWIM LESSONS

## REGISTRATION OPENS ON TUESDAY, MAY 27 @ 9:00AM

### JUNE

#### Preschool Intensive: 4 Day Sessions

##### Week 1 (June 9 - 12)

Starfish/Minnows: 9:45 am - 10:15 am

Dolphins: 9:45 am - 10:15 am

##### Week 2 (June 16 - 19)

Starfish/Minnows: 9:45 am - 10:15 am

Dolphins: 9:45 am - 10:15 am

##### Week 3 (June 23 - 26)

Starfish/Minnows: 9:45 am - 10:15 am

Dolphins: 9:45 am - 10:15 am

#### 3 Week Sessions (Tue/Thu/Sat/Sun)

##### Tuesday Session (6/10 & 6/17 & 6/24)

Starfish/Dolphins/Parent & Me: 3:25 pm - 3:55 pm

Level 5/6: 3:45 pm - 4:30 pm

Level 1 & Level 2: 4:00 pm - 4:30 pm

Level 3 & Level 4: 4:35 pm - 5:05 pm

##### Thursday Session (6/12 & 6/19 & 6/26)

Starfish/Dolphins/Parent & Me: 3:25 pm - 3:55 pm

Level 5/6: 3:45 pm - 4:30 pm

Level 1 & Level 2: 4:00 pm - 4:30 pm

Level 3 & Level 4: 4:35 pm - 5:05 pm

##### Saturday Session (6/14 & 6/21 & 6/28)

Level 5/6: 8:10 am - 8:55 am

Dolphins/Level 4: 8:25 am - 8:55 am

Starfish/Level 1/Parent & Me: 9:00 am - 9:30 am

Starfish/Level 2/Level 3/Parent & Me: 9:35 am - 10:05 am

##### Sunday Session (6/15 & 6/22 & 6/29)

Level 5/6: 8:10 am - 8:55 am

Starfish/Dolphins/Level 2/Level 4/Parent & Me: 9:00 am - 9:30 am

Starfish/Level 3/Parent & Me: 9:35 am - 10:05 am

#### Drop-In Parent & Me Class (Pick Day By Day)

6/11 (Wed) at 9:45 am

6/12 (Thu) at 9:45 am

6/18 (Wed) at 9:45 am

6/19 (Thu) at 9:45 am

6/25 (Wed) at 9:45 am

6/26 (Thu) at 9:45 am

#### Adult swim lessons (Both Advance & Beginner Class)

##### 3 Week Session (6/11 & 6/18 & 6/25)

Wednesday at 6:15 pm

### JULY

#### Preschool Intensive: 4 Day Sessions

##### Week 4 (July 7 - 10)

Starfish/Minnows: 9:45 am - 10:15 am

Dolphins: 9:45 am - 10:15 am

##### Week 5 (July 14 - 17)

Starfish/Minnows: 9:45 am - 10:15 am

Dolphins: 9:45 am - 10:15 am

##### Week 6 (July 21 - 24)

Starfish/Minnows: 9:45 am - 10:15 am

Dolphins: 9:45 am - 10:15 am

#### 3 Week Sessions (Tue/Thu/Sat/Sun)

##### Tuesday session (7/8 & 7/15 & 7/22)

Starfish/Dolphins/Parent & Me: 3:25 pm - 3:55 pm

Level 5/6: 3:45 pm - 4:30 pm

Level 1 & Level 2: 4:00 pm - 4:30 pm

Level 3 & Level 4: 4:35 pm - 5:05 pm

##### Thursday Session (7/10 & 7/17 & 7/24)

Starfish/Dolphins/Parent & Me: 3:25 pm - 3:55 pm

Level 5/6: 3:45 pm - 4:30 pm

Level 1 & Level 2: 4:00 pm - 4:30 pm

Level 3 & Level 4: 4:35 pm - 5:05 pm

**\*\*NO WEEKEND LESSONS IN JULY & AUGUST\*\***

#### Drop-In Parent & Me Class (Pick Day By Day)

7/9 (Wed) at 9:45 am

7/10 (Thu) at 9:45 am

7/16 (Wed) at 9:45 am

7/17 (Thu) at 9:45 am

7/23 (Wed) at 9:45 am

7/24 (Thu) at 9:45 am

#### Adult Swim Lessons (Both Advance & Beginner Class)

##### 3 Week Session (7/9 & 7/16 & 7/23)

Wednesday at 6:15 pm

August 2025 Lessons To Be  
Announced By June 30



UPPER VALLEY  
AQUATIC  
CENTER

SCAN  
ME!

