



SUMMER SWIM LESSONS

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

Preschool Intensive: 4 Day Sessions

Week 7 (August 4 - 7)

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

Dolphins: 9:45 am - 10:15 am

Week 8 (August 11 - 14)

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

Dolphins: 9:45 am - 10:15 am

Week 9 (August 18 - 21)

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

Dolphins: 9:45 am - 10:15 am

3 Week Sessions (Tue/Thu)

Tuesday Session (8/5 & 8/12 & 8/19)

Starfish/Dolphins: 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 (8/7 & 8/14 & 8/21)

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

Adult Swim Lessons (Both Advance & Beginner Class)

3 Week Session (8/6 & 8/13 & 8/20)

Wednesday at 6:15 pm

Pre Team practice will be back in September!!

**August Registration Opens on
Tuesday, July 15 @ 9:00 am**



UPPER VALLEY
AQUATIC
CENTER

**SCAN
ME!**

