

# WINTER 2023 POOL AND SWIM SCHEDULE

## JANUARY 3RD - APRIL 3RD

MONDAY	TUESDAY	WEDNESDAY
<p><b>Lap Swim</b> 6:30 AM - 10:30 AM   All Ages</p> <p><b>Lap Swim</b> 3:00 PM - 7:00 PM   All Ages</p> <p><b>Open Swim</b> 3:00 PM - 7:00 PM   All Ages</p>	<p><b>Lap Swim</b> 6:30 AM - 10:30 AM   All Ages</p> <p><b>Lap Swim</b> 3:00 PM - 7:00 PM   All Ages</p> <p><b>Open Swim</b> 3:00 PM - 7:00 PM   All Ages</p>	<p><b>Lap Swim</b> 6:30 AM - 10:30 AM   All Ages</p> <p><b>Semi-Private</b> L1   3:00 PM - 3:45 PM   17974 L2   3:00 PM - 3:45 PM   17975 L1   3:45 PM - 4:30 PM   17976</p> <p><b>Lap Swim</b> 3:00 PM - 7:00 PM   All Ages</p> <p><b>Private Lesson</b> 3:45 PM - 4:30 PM   17977</p> <p><b>Semi-Private</b> L1   4:30 PM - 5:15 PM   17978 L2   4:30 PM - 5:15 PM   17979</p> <p><b>Group Lesson</b> L 2/3   5:15 PM - 6:00 PM   17980</p> <p><b>Private Lesson</b> 5:15 PM - 6:00 PM   17981</p> <p><b>Open Swim</b> 3:00 PM - 7:00 PM   All Ages</p>

THURSDAY	FRIDAY	SUNDAY
<p><b>Lap Swim</b> 6:30 AM - 10:30 AM   All Ages</p> <p><b>Lap Swim</b> 3:00 PM - 7:00 PM   All Ages</p> <p><b>Open Swim</b> 3:00 PM - 7:00 PM   All Ages</p>	<p><b>Lap Swim</b> 6:30 AM - 3:00 PM   All Ages</p> <p><b>Open Swim</b> 11:00 AM - 3:00 PM   All Ages</p>	<p><b>Lap Swim</b> 8:00 AM - 4:00 PM   All Ages</p> <p><b>Open Swim</b> 9:30 AM - 4:00 PM   All Ages</p> <p><b>Daddy &amp; Me Swim</b>   10:00 AM - 10:30 AM 6 Months - 2 Years   17958</p> <p><b>Semi-Private</b> L1   10:00 AM - 10:30 AM   17961 L1   10:30 AM - 11:15 AM   17963</p> <p><b>Private Lesson</b> 10:30 AM - 11:15 AM   17964</p> <p><b>Semi-Private</b> L1   11:15 AM - 12:00 PM   17965 L2   11:15 AM - 12:00 PM   17966 L2   12:00 PM - 12:45 PM   17967</p> <p><b>Private Lesson</b> 12:00 PM - 12:45 PM   17968</p> <p><b>Semi-Private</b> L1   12:45 PM - 1:30 PM   17969</p> <p><b>Private Lesson</b> 12:45 PM - 1:30 PM   17970</p> <p><b>Semi-Private</b> L2   1:30 PM - 2:15 PM   17971</p> <p><b>Private Lesson</b> 1:30 PM - 2:15 PM   17972</p>

INFO

Registration for Members opens  
**December 1st, 2022**

Registration for Non-Members opens  
**December 15th, 2022**

[www.moisesafracenter.org/calendar](http://www.moisesafracenter.org/calendar)

**Contact the concierge for registration assistance**

- The schedule is subject to change
- Check the website for the most up-to-date information
- There are currently no trials for programs
- There are no credits or refunds
- Please check your email confirmation for the exact dates of each program

**Private Lesson**  
12:00 PM - 12:45 PM | 17968

**Semi-Private**  
L1 | 12:45 PM - 1:30 PM | 17969

**Private Lesson**  
12:45 PM - 1:30 PM | 17970

**Semi-Private**  
L2 | 1:30 PM - 2:15 PM | 17971

**Private Lesson**  
1:30 PM - 2:15 PM | 17972

# WINTER 2023 POOL AND SWIM SCHEDULE

## JANUARY 3RD - APRIL 3RD

### NO SESSIONS

Monday, January 2nd - New Years (Observed)  
Monday, January 16th - Martin Luther King Jr Day  
Monday, February 20th - President's Day  
Tuesday, March 7th - Purim

### CLASSES

**Private:** 1 Kid / Instructor  
**Semi Private:** 2 Kids / Instructor  
**Group Lessons:** 4 Kids / Instructor

### Group Lessons

- Small group lessons have three to four swimmers in a group.
- Swimmers are matched up by age and ability.
- These groups are ideal for swimmers ages four and up, who could swim a small distance on their own

### Semi-Private Lessons

- Semi-private lessons are one-on-two between one instructor and two swimmers.
- Semi-private lessons are appropriate for children ages three to six who are being introduced to the fundamentals of swimming.
- Semi-private lessons are also perfect for couples, friends, and/or siblings learning at similar levels.

### Level 1

- Introduction to safety in and around the pool
- Water adjustment
- Blowing bubbles
- Walking independently around the pool
- Front float (supported by instructor)
- Back float (supported by instructor)

### Level 2

- Head and face underwater
- Independent front float
- Independent front float with kicking
- Independent back float
- Independent back float with kicking
- Assisted jump
- Superman/Superwoman

### Level 3

- Beginning freestyle
- Beginning breaststroke
- Coordinated elementary backstroke
- Underwater swim
- Surface dives
- Introduction to treading
- Introduction to butterfly