

SUMMER 2023 POOL AND SWIM SCHEDULE

JUNE 19TH - AUGUST 25TH

MONDAY	TUESDAY	WEDNESDAY
<p>Lap Swim 6:30 AM - 10:30 AM All Ages</p> <p>Lap Swim 3:00 PM - 7:00 PM All Ages</p> <p>Open Swim 3:00 PM - 7:00 PM All Ages</p>	<p>Lap Swim 6:30 AM - 10:30 AM All Ages</p> <p>Lap Swim 3:00 PM - 7:00 PM All Ages</p> <p>Open Swim 3:00 PM - 7:00 PM All Ages</p>	<p>Lap Swim 6:30 AM - 10:30 AM All Ages 3:00 PM - 7:00 PM All Ages</p> <p>Open Swim 3:00 PM - 7:00 PM All Ages</p> <p>Daddy & Me Swim 6 Months - 2 Years 10:00 AM - 10:30 AM 23664 10:30 AM - 11:00 AM 23665</p> <p>Semi-Private 2:00 PM - 2:45 PM 23660 2:45 PM - 3:30 PM 23661 3:30 PM - 4:15 PM 23662</p> <p>Private Lesson 4:15 PM - 5:00 PM 23663</p>
THURSDAY	FRIDAY	SUNDAY
<p>Lap Swim 6:30 AM - 10:30 AM All Ages</p> <p>Lap Swim 3:00 PM - 7:00 PM All Ages</p> <p>Open Swim 3:00 PM - 7:00 PM All Ages</p>	<p>Lap Swim 6:30 AM - 3:00 PM All Ages</p> <p>Open Swim 11:00 AM - 3:00 PM All Ages</p>	<p>Lap Swim 8:00 AM - 4:00 PM All Ages</p> <p>Open Swim 10:15 AM - 4:00 PM All Ages</p>

INFO

Registration for Members opens
June 1st , 2023

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

CONTACT US

For questions or more info about swim lessons email swim@moisesafracenter.org

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**NO
SESSIONS**

Tuesday, July 4th - Independence Day
Thursday, July 27th - No Programming - Tisha B'Av

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

Please visit www.moisesafracenter.org for more details