

# FALL 2023 POOL AND SWIM SCHEDULE

## SEPTEMBER 11TH - DECEMBER 1ST

### MONDAY

#### Lap Swim

6:30 AM - 10:30 AM | All Ages

3:00 PM - 7:00 PM | All Ages

#### Open Swim

3:00 PM - 7:00 PM | All Ages

### TUESDAY

#### Lap Swim

6:30 AM - 10:30 AM | All Ages

3:00 PM - 7:00 PM | All Ages

#### Open Swim

3:00 PM - 7:00 PM | All Ages

#### Semi-Private

L1 | 3:00 PM - 3:45 PM | 25005

L2 | 3:45 PM - 4:30 PM | 25007

L1 | 4:30 PM - 5:15 PM | 25009

L2 | 4:30 PM - 5:15 PM | 25010

L2 | 5:15 PM - 6:00 PM | 25011

#### Private Lesson

3:00 PM - 3:45 PM | 25006

3:45 PM - 4:30 PM | 25008

#### Group Lesson

L 3/4 | 5:15 PM - 6:00 PM | 25012

### WEDNESDAY

#### Lap Swim

6:30 AM - 10:30 AM | All Ages

3:00 PM - 7:00 PM | All Ages

#### Open Swim

3:00 PM - 7:00 PM | All Ages

### THURSDAY

#### Lap Swim

6:30 AM - 10:30 AM | All Ages

3:00 PM - 7:00 PM | All Ages

#### Open Swim

3:00 PM - 7:00 PM | All Ages

#### Semi-Private

L1 | 3:00 PM - 3:45 PM | 25014

L2 | 3:45 PM - 4:30 PM | 25016

L1 | 4:30 PM - 5:15 PM | 25017

L2 | 4:30 PM - 5:15 PM | 25018

L2 | 5:15 PM - 6:00 PM | 25019

#### Private Lesson

3:00 PM - 3:45 PM | 25025

3:45 PM - 4:30 PM | 25021

#### Group Lesson

5:15 PM - 6:00 PM | 25013

### SUNDAY

#### Lap Swim

8:00 AM - 4:00 PM | All Ages

#### Open Swim

10:15 AM - 4:00 PM | All Ages

#### Daddy & Me Swim

11:00 AM - 10:30 AM | 24911

#### Semi-Private

L1 | 10:30 AM - 11:15 AM | 25171

L2 | 10:30 AM - 11:15 AM | 24941

L2 | 11:15 AM - 12:00 PM | 24948

L1 | 12:00 PM - 12:45 PM | 24951

L2 | 12:00 PM - 12:45 PM | 24953

L1 | 12:45 PM - 1:30 PM | 24954

L1 | 1:30 PM - 2:15 PM | 25004

#### Private Lesson

10:30 AM - 11:15 AM | 24944

12:45 PM - 1:30 PM | 25002

1:30 PM - 2:15 PM | 25003

### FRIDAY

#### Lap Swim

6:30 AM - 3:00 PM | All Ages

#### Open Swim

11:00 AM - 3:00 PM | All Ages

## INFO

Registration for swim classes will open for members on **August 1st, 2023**

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

- 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

## MEMBERS ONLY OPEN AND LAP SWIM



Scan the QR Code for lap and open swim registration or visit <https://moisesafracenter.org/programs/swimreservation>

## CONTACT US!

For questions about booking **private or semi private swim lessons** for your child email [swim@moisesafracenter.org](mailto:swim@moisesafracenter.org)

# FALL 2023 POOL AND SWIM SCHEDULE

## SEPTEMBER 11TH - DECEMBER 1ST

### NO SESSIONS

Sunday, Sep. 17th - Rosh Hashana Day 2  
 Sunday, Sep. 24th - Early Closure - Erev Yom Kippur  
 Monday, Sep. 25th - Yom Kippur  
 Sunday, Oct. 1st - Sukkot Day 2  
 Sunday, Oct. 8th Simchat Torah  
 Thursday, Nov. 23rd - Sunday Nov. 26th - Thanksgiving Weekend

### 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