



WINTER 2024 POOL AND SWIM SCHEDULE

DECEMBER 4TH - MARCH 8TH

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 | 28013

L1 | 3:45 PM - 4:30 PM | 28105

L2 | 3:45 PM - 4:30 PM | 28106

L1 | 4:30 PM - 5:15 PM | 28107

L2 | 4:30 PM - 5:15 PM | 28108

L2 | 5:15 PM - 6:00 PM | 28109

Private Lesson

3:00 PM - 3:45 PM | 28104

Group Lesson

L 4/5 | 5:15 PM - 6:00 PM | 28113

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 | 28115

L1 | 3:45 PM - 4:30 PM | 28116

L2 | 3:45 PM - 4:30 PM | 28117

L1 | 4:30 PM - 5:15 PM | 28118

L2 | 4:30 PM - 5:15 PM | 28119

L2 | 5:15 PM - 6:00 PM | 28120

Private Lesson

3:00 PM - 3:45 PM | 28114

Group Lesson

L 4/5 | 5:15 PM - 6:00 PM | 28121

SUNDAY

Lap Swim

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

Open Swim

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

Daddy & Me Swim

10:00 AM - 10:30 AM | 28059

Semi-Private

L2 | 10:00 AM - 10:30 AM | 28060

L1 | 10:30 AM - 11:15 AM | 28061

L2 | 10:30 AM - 11:15 AM | 28063

L1 | 11:15 AM - 12:00 PM | 28093

L1 | 12:00 PM - 12:45 PM | 28097

L2 | 12:00 PM - 12:45 PM | 28098

L1 | 12:45 PM - 1:30 PM | 28099

L2 | 1:30 PM - 2:15 PM | 28100

Group Lesson

L3 | 11:15 PM - 12:00 PM | 28096

L3 | 1:30 PM - 2:15 PM | 28101

Private Lesson

12:45 PM - 1:30 PM | 28102

FRIDAY

Lap Swim

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

Open Swim

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

Registration for swim classes will
open for members on
November 13th, 2023

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
- **In order to run our programs, a certain number of registrants is required. If this number is not met, The Moise Safra Center retains the right to cancel class up to 5 business days before the start date.**

INFO

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

WINTER 2024 **POOL AND SWIM** SCHEDULE

DECEMBER 4TH - MARCH 8TH



NO SESSIONS

Sunday, December 24th - Early Closure at 3 PM - Christmas Eve
 Monday, December 25th - Christmas Day
 Sunday, December 31st - Early Closure at 3 PM - New Year's Eve
 Monday, January 1st - New Year's Day
 Monday, January 15th - Martin Luther King Jr. Day
 Monday, February 19th - Presidents' Day

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

Level 4/5

- Coordinated freestyle
- Coordinated backstroke
- Coordinated breaststroke
- Beginning sidestroke
- Beginning butterfly
- Beginning diving
- Treading water — 30 seconds