



# September 2018 – August 2019 Schedule

3 Westchester Plaza, Elmsford, NY 10523 | Phone: 914-460-4415 | [SwimLabs.com/Westchester](http://SwimLabs.com/Westchester)   

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Parent-Tot 6-36 Months (3:1 Ratio)</b>	1:30pm 5:30pm 6:00pm	Closed	1:30pm 3:00pm 6:00pm 7:00pm	1:30pm 6:00pm	1:30pm 3:30pm 5:30pm	8:00am,9:00am, 9:30am,10:00am 10:30am,11:30am 12:00pm,1:00pm 2:00pm,3:30pm	9:00am,10:00am 10:30am,11:30am 12:00pm,1:00pm 2:00pm,3:30pm
<b>Toddler Transition 24-36 Months (3:1 Ratio)</b>	1:30pm 5:30pm 7:00pm	Closed	1:30pm 5:30pm	1:30pm 5:30pm	1:30pm	9:00am 11:30pm 12:30pm 2:30pm	9:00am 11:30pm 12:30pm 2:30pm
<b>Beginner 1 (3-5 Years) (4:1 Ratio)</b>	3:30pm 5:00pm 6:00pm 7:00pm	Closed	3:30pm 5:00pm 6:00pm 6:30pm	3:30pm 5:00pm 5:30pm 6:30pm 7:00pm	3:30pm 6:00pm 6:30pm	9:00am,9:30am,10:00am 10:30am,11:30am 12:00pm,1:00pm 1:30pm,2:30pm 3:30pm	9:00am,9:30am 10:00am,10:30am 11:00am,12:00pm 1:00pm,1:30pm 2:30pm,3:30pm
<b>Beginner 1 (6-10 Years) (4:1 Ratio)</b>	6:30pm	Closed	7:00pm	6:00pm	4:00pm	10:00am	11:30am
<b>Beginner 2 (4:1 Ratio)</b>	3:30pm 5:00pm 6:30pm	Closed	3:30pm 5:00pm 6:00pm 6:30pm	3:30pm 6:30pm	3:30pm 5:00pm 6:30pm	9:00am,10:00am 10:30am,11:30am 12:30pm,1:30pm 2:30pm	9:00am,10:00am 11:30am 12:30pm,1:30pm 2:30pm
<b>Beginner 3 (4:1 Ratio)</b>	4:00pm 7:00pm	Closed	4:00pm 7:00pm	4:00pm 7:00pm	4:00pm 7:00pm	9:00am,9:30am 11:00am,12:00pm, 12:30pm,3:00pm	9:00am, 12:00pm,12:30pm 3:00pm
<b>Intermediate 1 (4:1 Ratio)</b>	3:30pm 6:30pm	Closed	Call to inquire for schedule	4:00pm	7:00pm	10:30am 1:30pm	10:30am 1:30pm
<b>Intermediate 2 (4:1 Ratio)</b>	Call to inquire for schedule	Closed	Call to inquire for schedule	Call to inquire for schedule	Call to inquire for schedule	10:30am	Call to inquire for schedule
<b>Intermediate 3 (4:1 Ratio)</b>	Call to inquire for schedule	Closed	Call to inquire for schedule	Call to inquire for schedule	Call to inquire for schedule	Call to inquire for schedule	Call to inquire for schedule
<b>Advanced (4:1 Ratio)</b>	Call to inquire for schedule	Closed	Call to inquire for schedule	Call to inquire for schedule	Call to inquire for schedule	Call to inquire for schedule	Call to inquire for schedule
<b>Adult Learn to Swim 18 &amp; Older (3:1 Ratio)</b>	7:30pm	Closed	7:30pm				
<b>Private Lessons (Learn to swim, Video Analysis)</b>	12:30pm- 7:30pm	Closed	12:30pm- 7:30pm	12:30pm- 7:30pm	12:30pm- 7:30pm	7:00am-3:30pm	7:00am-3:30pm

## Group Class Descriptions

### **Parent & Tot: 6 – 36 months**

*Parent & Child work together to develop the beginning skills for learning to swim and promote safety. 3:1 Ratio*

### **Toddler Transition: 24 – 36 months**

*Teaching the fundamental swimming and safety skills while learning how to safely be a part of a group class. Parents may stay poolside until their child is ready to separate. 3:1 ratio*

### **Beginner 1: 3 – 5 years old**

*Swimmers learn basic safety skills, blowing bubbles through the mouth and nose, front and back float and arm and kicking movements for freestyle. For students with no prior experience or scared of the water. 4:1 ratio*

### **Beginner 1: 6 – 10 years old**

*Swimmers learn basic safety skills, blowing bubbles through the mouth and nose, front and back float and arm and kicking movements for freestyle. For students with no prior experience or scared of the water. 4:1 ratio*

### **Beginner 2: 3 years old and up**

*Developing freestyle and independent backstroke skills and build on water safety. 4:1 ratio*

### **Beginner 3: 3 years old and up**

*Begin to learn freestyle side breath with assistance and develop backstroke technique. 4:1 ratio*

### **Intermediate 1: All ages**

*Learn independent freestyle side breath, develop backstroke technique and start breaststroke kick. 4:1 ratio*

### **Intermediate 2: All ages**

*Continue developing freestyle and backstroke techniques and endurance. Learn complete breaststroke and introduce butterfly kick. 4:1 ratio*

### **Intermediate 3: All ages**

*Accomplish complete butterfly with arm patterns, timing and breath control. Refine technique and build endurance for all four strokes. 4:1 ratio*

### **Advanced: All ages**

*Swimmers focus on technique, endurance, competition skills and race techniques. 4:1 ratio*

### **Adult Learn to Swim: Ages – 18 and older**

*Adults with little or no prior experience, help you learn the fundamentals of freestyle, backstroke and breaststroke. Video analysis and techniques are not a part of the class. 3:1 ratio*