



# 2018 Fall Session 2

## Group Lessons: Youth

|   | Platinum/Gold/Full-Swim/<br>Low Usage Members | Program Pass Holders    | Non-Members             |
|---|---|-------------------------|-------------------------|
| Registration Begins   | Sat, Oct. 13 at 1:00 PM                       | Sun, Oct. 14 at 1:00 PM | Tue, Oct. 16 at 1:00 PM |
| Wednesday PM, Thursday PM & Saturday<br>Classes<br>(6 classes total)                | \$65  | \$75                    | \$89                    |
| Monday, Tuesday, Wednesday AM,<br>Thursday AM & Friday Classes<br>(7 classes total) | \$75  | \$85                    | \$99                    |

**No lessons during the week of Thanksgiving (Nov. 19-24)**

**Please register online at <https://cornerstone.recdesk.com>**

*If you have not taken lesson at Cornerstone within the past 2 months, a swim test is STRONGLY ENCOURAGED for proper class placement. Swim tests will be conducted by appointment only. Please call the Aquatics Manager at 860-561-8274 to schedule a time.*

### LEARN TO SWIM (LTS) AGES 5 YEARS AND UP

**Level 1**

| Program Code | Dates        | Weekly/Daily | Time     |
|--------------|--------------|--------------|----------|
| LTS187M1     | 10/22-12/10  | Mondays      | 4:15 PM  |
| LTS187F1     | 10/26-12/14  | Fridays      | 4:15 PM  |
| LTS187S1     | 10/27-12/15* | Saturdays    | 10:00 AM |
| LTS187S2     | 10/27-12/15* | Saturdays    | 10:45 AM |
| LTS187S3     | 10/27-12/15* | Saturdays    | 11:30 AM |

**Level 2**

| Program Code | Dates        | Weekly/Daily | Time     |
|--------------|--------------|--------------|----------|
| LTS287W1     | 10/24-12/12* | Wednesdays   | 6:00 PM  |
| LTS287F1     | 10/26-12/14  | Fridays      | 4:15 PM  |
| LTS287S1     | 10/27-12/15* | Saturdays    | 9:00 AM  |
| LTS287S2     | 10/27-12/15* | Saturdays    | 10:45 AM |

**Level 3**

| Program Code | Dates        | Weekly/Daily | Time    |
|--------------|--------------|--------------|---------|
| LTS387M1     | 10/22-12/10  | Mondays      | 5:00 PM |
| LTS387W1     | 10/24-12/12* | Wednesdays   | 4:15 PM |
| LTS387F1     | 10/26-12/14  | Fridays      | 5:00 PM |
| LTS387S1     | 10/27-12/15* | Saturdays    | 9:00 AM |
| LTS387S2     | 10/27-12/15* | Saturdays    | 9:45 AM |

**Level 4 (45 min.)**

| Program Code | Dates        | Weekly/Daily | Time     |
|--------------|--------------|--------------|----------|
| LTS487M1     | 10/22-12/10  | Mondays      | 5:45 PM  |
| LTS487TU1    | 10/23-12/11  | Tuesdays     | 4:30 PM  |
| LTS487W1     | 10/27-12/15  | Wednesdays   | 5:00 PM  |
| LTS487S1     | 10/27-12/15* | Saturdays    | 10:45 AM |

**Level 5 (45 min.)**

| Program Code | Dates        | Weekly/Daily | Time    |
|--------------|--------------|--------------|---------|
| LTS587TU1    | 10/23-12/11  | Tuesdays     | 5:30 PM |
| LTS587F1     | 10/26-12/14  | Fridays      | 5:45 PM |
| LTS587S1     | 10/27-12/15* | Saturdays    | 9:45 AM |

**Level 6 (45 min.)**

| Program Code | Dates        | Weekly/Daily | Time    |
|--------------|--------------|--------------|---------|
| LTS687TU1    | 10/23-12/11  | Tuesdays     | 5:30 PM |
| LTS687F1     | 10/26-12/14  | Fridays      | 5:45 PM |
| LTS687S1     | 10/27-12/15* | Saturdays    | 9:45 AM |

\* No Class Oct. 31

† No Class Nov. 1

● No Class Nov. 10

- 1) All lesson participants must have a completed lesson registration form on file, regardless of membership type. Forms are completed online during the check-out process.
- 2) No make-up or substitute classes are available.
- 3) Any changes to registration, including transfers, cancellations, credits and refunds, must approved by the Aquatics Manager.



# 2018 Fall Session 2

## Parent/Infant, Pre-School & Adult

|   | Platinum/Gold/Full-Swim/<br>Low Usage Members | Program Pass Holders    | Non-Members             |
|---|---|-------------------------|-------------------------|
| Registration Begins   | Sat, Oct. 13 at 1:00 PM                       | Sun, Oct. 14 at 1:00 PM | Tue, Oct. 16 at 1:00 PM |
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**No lessons during the week of Thanksgiving (Nov. 19-24)**  
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| <i>PARENT/INFANT (PI)</i>  | <i>PRESCHOOL (PS) 3-5 YEARS</i> |            |          |      |          |             |            |          |          |              |           |         |              |             |         |         |          |              |           |         |              |              |           |         |              |             |            |          |          |             |           |         |          |              |           |         |         |              |           |          |         |              |           |          |   |              |       |     |      |          |             |          |         |          |             |          |         |         |             |            |         |          |             |           |          |         |             |         |          |         |              |           |         |         |              |           |          |              |       |     |      |          |             |          |          |         |             |            |          |          |             |           |          |         |             |         |          |         |             |         |         |         |              |           |          |         |              |           |          |              |       |     |      |          |             |          |          |          |             |          |         |         |             |            |          |         |             |         |          |         |             |         |         |         |              |           |          |
|--|---------------------------------|------------|----------|------|----------|-------------|------------|----------|----------|--------------|-----------|---------|--------------|-------------|---------|---------|----------|--------------|-----------|---------|--------------|--------------|-----------|---------|--------------|-------------|------------|----------|----------|-------------|-----------|---------|----------|--------------|-----------|---------|---------|--------------|-----------|----------|---------|--------------|-----------|----------|---|--------------|-------|-----|------|----------|-------------|----------|---------|----------|-------------|----------|---------|---------|-------------|------------|---------|----------|-------------|-----------|----------|---------|-------------|---------|----------|---------|--------------|-----------|---------|---------|--------------|-----------|----------|--------------|-------|-----|------|----------|-------------|----------|----------|---------|-------------|------------|----------|----------|-------------|-----------|----------|---------|-------------|---------|----------|---------|-------------|---------|---------|---------|--------------|-----------|----------|---------|--------------|-----------|----------|--------------|-------|-----|------|----------|-------------|----------|----------|----------|-------------|----------|---------|---------|-------------|------------|----------|---------|-------------|---------|----------|---------|-------------|---------|---------|---------|--------------|-----------|----------|
| <p><b>6 - 18 Months</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Program Code</th> <th>Dates</th> <th>Day</th> <th>Time</th> </tr> </thead> <tbody> <tr><td>PI187W1</td><td>10/24-12/12</td><td>Wednesdays</td><td>10:00 AM</td></tr> <tr><td>PI187TH1</td><td>10/25-12/13</td><td>Thursdays</td><td>9:15 AM</td></tr> <tr><td>PI187F1</td><td>10/26-12/14</td><td>Fridays</td><td>9:15 AM</td></tr> <tr><td>PI187S1</td><td>10/27-12/15*</td><td>Saturdays</td><td>9:00 AM</td></tr> </tbody> </table> <p><b>18 Months - 3 Years</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Program Code</th> <th>Dates</th> <th>Day</th> <th>Time</th> </tr> </thead> <tbody> <tr><td>PI287W1</td><td>10/24-12/12</td><td>Wednesdays</td><td>10:00 AM</td></tr> <tr><td>PI287TH1</td><td>10/25-12/13</td><td>Thursdays</td><td>9:15 AM</td></tr> <tr><td>PI287F1</td><td>10/26-12/14</td><td>Fridays</td><td>9:15 AM</td></tr> <tr><td>PI287S1</td><td>10/27-12/15*</td><td>Saturdays</td><td>10:00 AM</td></tr> <tr><td>PI287S2</td><td>10/27-12/15*</td><td>Saturdays</td><td>10:45 AM</td></tr> </tbody> </table>                                       | Program Code                    | Dates      | Day      | Time | PI187W1  | 10/24-12/12 | Wednesdays | 10:00 AM | PI187TH1 | 10/25-12/13  | Thursdays | 9:15 AM | PI187F1      | 10/26-12/14 | Fridays | 9:15 AM | PI187S1  | 10/27-12/15* | Saturdays | 9:00 AM | Program Code | Dates        | Day       | Time    | PI287W1      | 10/24-12/12 | Wednesdays | 10:00 AM | PI287TH1 | 10/25-12/13 | Thursdays | 9:15 AM | PI287F1  | 10/26-12/14  | Fridays   | 9:15 AM | PI287S1 | 10/27-12/15* | Saturdays | 10:00 AM | PI287S2 | 10/27-12/15* | Saturdays | 10:45 AM | <p><b>Level 1</b></p> <table border="1" style="width: 100%; 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| PI187W1  | 10/24-12/12                     | Wednesdays | 10:00 AM |      |          |             |            |          |          |              |           |         |              |             |         |         |          |              |           |         |              |              |           |         |              |             |            |          |          |             |           |         |          |              |           |         |         |              |           |          |         |              |           |          |   |              |       |     |      |          |             |          |         |          |             |          |         |         |             |            |         |          |             |           |          |         |             |         |          |         |              |           |         |         |              |           |          |              |       |     |      |          |             |          |          |         |             |            |          |          |             |           |          |         |             |         |          |         |             |         |         |         |              |           |          |         |              |           |          |              |       |     |      |          |             |          |          |          |             |          |         |         |             |            |          |         |             |         |          |         |             |         |         |         |              |           |          |
| PI187TH1   | 10/25-12/13                     | Thursdays  | 9:15 AM  |      |          |             |            |          |          |              |           |         |              |             |         |         |          |              |           |         |              |              |           |         |              |             |            |          |          |             |           |         |          |              |           |         |         |              |           |          |         |              |           |          |   |              |       |     |      |          |             |          |         |          |             |          |         |         |             |            |         |          |             |           |          |         |             |         |          |         |              |           |         |         |              |           |          |              |       |     |      |          |             |          |          |         |             |            |          |          |             |           |          |         |             |         |          |         |             |         |         |         |              |           |          |         |              |           |          |              |       |     |      |          |             |          |          |          |             |          |         |         |             |            |          |         |             |         |          |         |             |         |         |         |              |           |          |
| PI187F1  | 10/26-12/14                     | Fridays    | 9:15 AM  |      |          |             |            |          |          |              |           |         |              |             |         |         |          |              |           |         |              |              |           |         |              |             |            |          |          |             |           |         |          |              |           |         |         |              |           |          |         |              |           |          |   |              |       |     |      |          |             |          |         |          |             |          |         |         |             |            |         |          |             |           |          |         |             |         |          |         |              |           |         |         |              |           |          |              |       |     |      |          |             |          |          |         |             |            |          |          |             |           |          |         |             |         |          |         |             |         |         |         |              |           |          |         |              |           |          |              |       |     |      |          |             |          |          |          |             |          |         |         |             |            |          |         |             |         |          |         |             |         |         |         |              |           |          |
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| PI287W1  | 10/24-12/12                     | Wednesdays | 10:00 AM |      |          |             |            |          |          |              |           |         |              |             |         |         |          |              |           |         |              |              |           |         |              |             |            |          |          |             |           |         |          |              |           |         |         |              |           |          |         |              |           |          |   |              |       |     |      |          |             |          |         |          |             |          |         |         |             |            |         |          |             |           |          |         |             |         |          |         |              |           |         |         |              |           |          |              |       |     |      |          |             |          |          |         |             |            |          |          |             |           |          |         |             |         |          |         |             |         |         |         |              |           |          |         |              |           |          |              |       |     |      |          |             |          |          |          |             |          |         |         |             |            |          |         |             |         |          |         |             |         |         |         |              |           |          |
| PI287TH1   | 10/25-12/13                     | Thursdays  | 9:15 AM  |      |          |             |            |          |          |              |           |         |              |             |         |         |          |              |           |         |              |              |           |         |              |             |            |          |          |             |           |         |          |              |           |         |         |              |           |          |         |              |           |          |   |              |       |     |      |          |             |          |         |          |             |          |         |         |             |            |         |          |             |           |          |         |             |         |          |         |              |           |         |         |              |           |          |              |       |     |      |          |             |          |          |         |             |            |          |          |             |           |          |         |             |         |          |         |             |         |         |         |              |           |          |         |              |           |          |              |       |     |      |          |             |          |          |          |             |          |         |         |             |            |          |         |             |         |          |         |             |         |         |         |              |           |          |
| PI287F1  | 10/26-12/14                     | Fridays    | 9:15 AM  |      |          |             |            |          |          |              |           |         |              |             |         |         |          |              |           |         |              |              |           |         |              |             |            |          |          |             |           |         |          |              |           |         |         |              |           |          |         |              |           |          |   |              |       |     |      |          |             |          |         |          |             |          |         |         |             |            |         |          |             |           |          |         |             |         |          |         |              |           |         |         |              |           |          |              |       |     |      |          |             |          |          |         |             |            |          |          |             |           |          |         |             |         |          |         |             |         |         |         |              |           |          |         |              |           |          |              |       |     |      |          |             |          |          |          |             |          |         |         |             |            |          |         |             |         |          |         |             |         |         |         |              |           |          |
| PI287S1  | 10/27-12/15*                    | Saturdays  | 10:00 AM |      |          |             |            |          |          |              |           |         |              |             |         |         |          |              |           |         |              |              |           |         |              |             |            |          |          |             |           |         |          |              |           |         |         |              |           |          |         |              |           |          |   |              |       |     |      |          |             |          |         |          |             |          |         |         |             |            |         |          |             |           |          |         |             |         |          |         |              |           |         |         |              |           |          |              |       |     |      |          |             |          |          |         |             |            |          |          |             |           |          |         |             |         |          |         |             |         |         |         |              |           |          |         |              |           |          |              |       |     |      |          |             |          |          |          |             |          |         |         |             |            |          |         |             |         |          |         |             |         |         |         |              |           |          |
| PI287S2  | 10/27-12/15*                    | Saturdays  | 10:45 AM |      |          |             |            |          |          |              |           |         |              |             |         |         |          |              |           |         |              |              |           |         |              |             |            |          |          |             |           |         |          |              |           |         |         |              |           |          |         |              |           |          |   |              |       |     |      |          |             |          |         |          |             |          |         |         |             |            |         |          |             |           |          |         |             |         |          |         |              |           |         |         |              |           |          |              |       |     |      |          |             |          |          |         |             |            |          |          |             |           |          |         |             |         |          |         |             |         |         |         |              |           |          |         |              |           |          |              |       |     |      |          |             |          |          |          |             |          |         |         |             |            |          |         |             |         |          |         |             |         |         |         |              |           |          |
| Program Code   | Dates                           | Day        | Time     |      |          |             |            |          |          |              |           |         |              |             |         |         |          |              |           |         |              |              |           |         |              |             |            |          |          |             |           |         |          |              |           |         |         |              |           |          |         |              |           |          |   |              |       |     |      |          |             |          |         |          |             |          |         |         |             |            |         |          |             |           |          |         |             |         |          |         |              |           |         |         |              |           |          |              |       |     |      |          |             |          |          |         |             |            |          |          |             |           |          |         |             |         |          |         |             |         |         |         |              |           |          |         |              |           |          |              |       |     |      |          |             |          |          |          |             |          |         |         |             |            |          |         |             |         |          |         |             |         |         |         |              |           |          |
| PS187TU1   | 10/23-12/11                     | Tuesdays   | 9:15 AM  |      |          |             |            |          |          |              |           |         |              |             |         |         |          |              |           |         |              |              |           |         |              |             |            |          |          |             |           |         |          |              |           |         |         |              |           |          |         |              |           |          |   |              |       |     |      |          |             |          |         |          |             |          |         |         |             |            |         |          |             |           |          |         |             |         |          |         |              |           |         |         |              |           |          |              |       |     |      |          |             |          |          |         |             |            |          |          |             |           |          |         |             |         |          |         |             |         |         |         |              |           |          |         |              |           |          |              |       |     |      |          |             |          |          |          |             |          |         |         |             |            |          |         |             |         |          |         |             |         |         |         |              |           |          |
| PS187TU2   | 10/23-12/11                     | Tuesdays   | 5:00 PM  |      |          |             |            |          |          |              |           |         |              |             |         |         |          |              |           |         |              |              |           |         |              |             |            |          |          |             |           |         |          |              |           |         |         |              |           |          |         |              |           |          |   |              |       |     |      |          |             |          |         |          |             |          |         |         |             |            |         |          |             |           |          |         |             |         |          |         |              |           |         |         |              |           |          |              |       |     |      |          |             |          |          |         |             |            |          |          |             |           |          |         |             |         |          |         |             |         |         |         |              |           |          |         |              |           |          |              |       |     |      |          |             |          |          |          |             |          |         |         |             |            |          |         |             |         |          |         |             |         |         |         |              |           |          |
| PS187W1  | 10/24-12/12                     | Wednesdays | 9:15 AM  |      |          |             |            |          |          |              |           |         |              |             |         |         |          |              |           |         |              |              |           |         |              |             |            |          |          |             |           |         |          |              |           |         |         |              |           |          |         |              |           |          |   |              |       |     |      |          |             |          |         |          |             |          |         |         |             |            |         |          |             |           |          |         |             |         |          |         |              |           |         |         |              |           |          |              |       |     |      |          |             |          |          |         |             |            |          |          |             |           |          |         |             |         |          |         |             |         |         |         |              |           |          |         |              |           |          |              |       |     |      |          |             |          |          |          |             |          |         |         |             |            |          |         |             |         |          |         |             |         |         |         |              |           |          |
| PS187TH1   | 10/25-12/13                     | Thursdays  | 10:00 AM |      |          |             |            |          |          |              |           |         |              |             |         |         |          |              |           |         |              |              |           |         |              |             |            |          |          |             |           |         |          |              |           |         |         |              |           |          |         |              |           |          |   |              |       |     |      |          |             |          |         |          |             |          |         |         |             |            |         |          |             |           |          |         |             |         |          |         |              |           |         |         |              |           |          |              |       |     |      |          |             |          |          |         |             |            |          |          |             |           |          |         |             |         |          |         |             |         |         |         |              |           |          |         |              |           |          |              |       |     |      |          |             |          |          |          |             |          |         |         |             |            |          |         |             |         |          |         |             |         |         |         |              |           |          |
| PS187F1  | 10/26-12/14                     | Fridays    | 10:00 AM |      |          |             |            |          |          |              |           |         |              |             |         |         |          |              |           |         |              |              |           |         |              |             |            |          |          |             |           |         |          |              |           |         |         |              |           |          |         |              |           |          |   |              |       |     |      |          |             |          |         |          |             |          |         |         |             |            |         |          |             |           |          |         |             |         |          |         |              |           |         |         |              |           |          |              |       |     |      |          |             |          |          |         |             |            |          |          |             |           |          |         |             |         |          |         |             |         |         |         |              |           |          |         |              |           |          |              |       |     |      |          |             |          |          |          |             |          |         |         |             |            |          |         |             |         |          |         |             |         |         |         |              |           |          |
| PS187S1  | 10/27-12/15*                    | Saturdays  | 9:00 AM  |      |          |             |            |          |          |              |           |         |              |             |         |         |          |              |           |         |              |              |           |         |              |             |            |          |          |             |           |         |          |              |           |         |         |              |           |          |         |              |           |          |   |              |       |     |      |          |             |          |         |          |             |          |         |         |             |            |         |          |             |           |          |         |             |         |          |         |              |           |         |         |              |           |          |              |       |     |      |          |             |          |          |         |             |            |          |          |             |           |          |         |             |         |          |         |             |         |         |         |              |           |          |         |              |           |          |              |       |     |      |          |             |          |          |          |             |          |         |         |             |            |          |         |             |         |          |         |             |         |         |         |              |           |          |
| PS187S2  | 10/27-12/15*                    | Saturdays  | 11:30 AM |      |          |             |            |          |          |              |           |         |              |             |         |         |          |              |           |         |              |              |           |         |              |             |            |          |          |             |           |         |          |              |           |         |         |              |           |          |         |              |           |          |   |              |       |     |      |          |             |          |         |          |             |          |         |         |             |            |         |          |             |           |          |         |             |         |          |         |              |           |         |         |              |           |          |              |       |     |      |          |             |          |          |         |             |            |          |          |             |           |          |         |             |         |          |         |             |         |         |         |              |           |          |         |              |           |          |              |       |     |      |          |             |          |          |          |             |          |         |         |             |            |          |         |             |         |          |         |             |         |         |         |              |           |          |
| Program Code   | Dates                           | Day        | Time     |      |          |             |            |          |          |              |           |         |              |             |         |         |          |              |           |         |              |              |           |         |              |             |            |          |          |             |           |         |          |              |           |         |         |              |           |          |         |              |           |          |   |              |       |     |      |          |             |          |         |          |             |          |         |         |             |            |         |          |             |           |          |         |             |         |          |         |              |           |         |         |              |           |          |              |       |     |      |          |             |          |          |         |             |            |          |          |             |           |          |         |             |         |          |         |             |         |         |         |              |           |          |         |              |           |          |              |       |     |      |          |             |          |          |          |             |          |         |         |             |            |          |         |             |         |          |         |             |         |         |         |              |           |          |
| PS287TU1   | 10/23-12/11                     | Tuesdays   | 10:00 AM |      |          |             |            |          |          |              |           |         |              |             |         |         |          |              |           |         |              |              |           |         |              |             |            |          |          |             |           |         |          |              |           |         |         |              |           |          |         |              |           |          |   |              |       |     |      |          |             |          |         |          |             |          |         |         |             |            |         |          |             |           |          |         |             |         |          |         |              |           |         |         |              |           |          |              |       |     |      |          |             |          |          |         |             |            |          |          |             |           |          |         |             |         |          |         |             |         |         |         |              |           |          |         |              |           |          |              |       |     |      |          |             |          |          |          |             |          |         |         |             |            |          |         |             |         |          |         |             |         |         |         |              |           |          |
| PS287W1  | 10/24-12/12                     | Wednesdays | 10:45 AM |      |          |             |            |          |          |              |           |         |              |             |         |         |          |              |           |         |              |              |           |         |              |             |            |          |          |             |           |         |          |              |           |         |         |              |           |          |         |              |           |          |   |              |       |     |      |          |             |          |         |          |             |          |         |         |             |            |         |          |             |           |          |         |             |         |          |         |              |           |         |         |              |           |          |              |       |     |      |          |             |          |          |         |             |            |          |          |             |           |          |         |             |         |          |         |             |         |         |         |              |           |          |         |              |           |          |              |       |     |      |          |             |          |          |          |             |          |         |         |             |            |          |         |             |         |          |         |             |         |         |         |              |           |          |
| PS287TH1   | 10/25-12/13                     | Thursdays  | 10:45 AM |      |          |             |            |          |          |              |           |         |              |             |         |         |          |              |           |         |              |              |           |         |              |             |            |          |          |             |           |         |          |              |           |         |         |              |           |          |         |              |           |          |   |              |       |     |      |          |             |          |         |          |             |          |         |         |             |            |         |          |             |           |          |         |             |         |          |         |              |           |         |         |              |           |          |              |       |     |      |          |             |          |          |         |             |            |          |          |             |           |          |         |             |         |          |         |             |         |         |         |              |           |          |         |              |           |          |              |       |     |      |          |             |          |          |          |             |          |         |         |             |            |          |         |             |         |          |         |             |         |         |         |              |           |          |
| PS287F1  | 10/26-12/14                     | Fridays    | 10:45 AM |      |          |             |            |          |          |              |           |         |              |             |         |         |          |              |           |         |              |              |           |         |              |             |            |          |          |             |           |         |          |              |           |         |         |              |           |          |         |              |           |          |   |              |       |     |      |          |             |          |         |          |             |          |         |         |             |            |         |          |             |           |          |         |             |         |          |         |              |           |         |         |              |           |          |              |       |     |      |          |             |          |          |         |             |            |          |          |             |           |          |         |             |         |          |         |             |         |         |         |              |           |          |         |              |           |          |              |       |     |      |          |             |          |          |          |             |          |         |         |             |            |          |         |             |         |          |         |             |         |         |         |              |           |          |
| PS287F2  | 10/26-12/14                     | Fridays    | 5:45 PM  |      |          |             |            |          |          |              |           |         |              |             |         |         |          |              |           |         |              |              |           |         |              |             |            |          |          |             |           |         |          |              |           |         |         |              |           |          |         |              |           |          |   |              |       |     |      |          |             |          |         |          |             |          |         |         |             |            |         |          |             |           |          |         |             |         |          |         |              |           |         |         |              |           |          |              |       |     |      |          |             |          |          |         |             |            |          |          |             |           |          |         |             |         |          |         |             |         |         |         |              |           |          |         |              |           |          |              |       |     |      |          |             |          |          |          |             |          |         |         |             |            |          |         |             |         |          |         |             |         |         |         |              |           |          |
| PS287S1  | 10/27-12/15*                    | Saturdays  | 10:45 AM |      |          |             |            |          |          |              |           |         |              |             |         |         |          |              |           |         |              |              |           |         |              |             |            |          |          |             |           |         |          |              |           |         |         |              |           |          |         |              |           |          |   |              |       |     |      |          |             |          |         |          |             |          |         |         |             |            |         |          |             |           |          |         |             |         |          |         |              |           |         |         |              |           |          |              |       |     |      |          |             |          |          |         |             |            |          |          |             |           |          |         |             |         |          |         |             |         |         |         |              |           |          |         |              |           |          |              |       |     |      |          |             |          |          |          |             |          |         |         |             |            |          |         |             |         |          |         |             |         |         |         |              |           |          |
| PS287S2  | 10/27-12/15*                    | Saturdays  | 11:30 AM |      |          |             |            |          |          |              |           |         |              |             |         |         |          |              |           |         |              |              |           |         |              |             |            |          |          |             |           |         |          |              |           |         |         |              |           |          |         |              |           |          |   |              |       |     |      |          |             |          |         |          |             |          |         |         |             |            |         |          |             |           |          |         |             |         |          |         |              |           |         |         |              |           |          |              |       |     |      |          |             |          |          |         |             |            |          |          |             |           |          |         |             |         |          |         |             |         |         |         |              |           |          |         |              |           |          |              |       |     |      |          |             |          |          |          |             |          |         |         |             |            |          |         |             |         |          |         |             |         |         |         |              |           |          |
| Program Code   | Dates                           | Day        | Time     |      |          |             |            |          |          |              |           |         |              |             |         |         |          |              |           |         |              |              |           |         |              |             |            |          |          |             |           |         |          |              |           |         |         |              |           |          |         |              |           |          |   |              |       |     |      |          |             |          |         |          |             |          |         |         |             |            |         |          |             |           |          |         |             |         |          |         |              |           |         |         |              |           |          |              |       |     |      |          |             |          |          |         |             |            |          |          |             |           |          |         |             |         |          |         |             |         |         |         |              |           |          |         |              |           |          |              |       |     |      |          |             |          |          |          |             |          |         |         |             |            |          |         |             |         |          |         |             |         |         |         |              |           |          |
| PS387TU1   | 10/23-12/11                     | Tuesdays   | 10:45 AM |      |          |             |            |          |          |              |           |         |              |             |         |         |          |              |           |         |              |              |           |         |              |             |            |          |          |             |           |         |          |              |           |         |         |              |           |          |         |              |           |          |   |              |       |     |      |          |             |          |         |          |             |          |         |         |             |            |         |          |             |           |          |         |             |         |          |         |              |           |         |         |              |           |          |              |       |     |      |          |             |          |          |         |             |            |          |          |             |           |          |         |             |         |          |         |             |         |         |         |              |           |          |         |              |           |          |              |       |     |      |          |             |          |          |          |             |          |         |         |             |            |          |         |             |         |          |         |             |         |         |         |              |           |          |
| PS387TU2   | 10/23-12/11                     | Tuesdays   | 5:45 PM  |      |          |             |            |          |          |              |           |         |              |             |         |         |          |              |           |         |              |              |           |         |              |             |            |          |          |             |           |         |          |              |           |         |         |              |           |          |         |              |           |          |   |              |       |     |      |          |             |          |         |          |             |          |         |         |             |            |         |          |             |           |          |         |             |         |          |         |              |           |         |         |              |           |          |              |       |     |      |          |             |          |          |         |             |            |          |          |             |           |          |         |             |         |          |         |             |         |         |         |              |           |          |         |              |           |          |              |       |     |      |          |             |          |          |          |             |          |         |         |             |            |          |         |             |         |          |         |             |         |         |         |              |           |          |
| PS387W1  | 10/24-12/12                     | Wednesdays | 11:30 AM |      |          |             |            |          |          |              |           |         |              |             |         |         |          |              |           |         |              |              |           |         |              |             |            |          |          |             |           |         |          |              |           |         |         |              |           |          |         |              |           |          |   |              |       |     |      |          |             |          |         |          |             |          |         |         |             |            |         |          |             |           |          |         |             |         |          |         |              |           |         |         |              |           |          |              |       |     |      |          |             |          |          |         |             |            |          |          |             |           |          |         |             |         |          |         |             |         |         |         |              |           |          |         |              |           |          |              |       |     |      |          |             |          |          |          |             |          |         |         |             |            |          |         |             |         |          |         |             |         |         |         |              |           |          |
| PS387F1  | 10/26-12/14                     | Fridays    | 11:30 AM |      |          |             |            |          |          |              |           |         |              |             |         |         |          |              |           |         |              |              |           |         |              |             |            |          |          |             |           |         |          |              |           |         |         |              |           |          |         |              |           |          |   |              |       |     |      |          |             |          |         |          |             |          |         |         |             |            |         |          |             |           |          |         |             |         |          |         |              |           |         |         |              |           |          |              |       |     |      |          |             |          |          |         |             |            |          |          |             |           |          |         |             |         |          |         |             |         |         |         |              |           |          |         |              |           |          |              |       |     |      |          |             |          |          |          |             |          |         |         |             |            |          |         |             |         |          |         |             |         |         |         |              |           |          |
| PS387F2  | 10/26-12/14                     | Fridays    | 5:00 PM  |      |          |             |            |          |          |              |           |         |              |             |         |         |          |              |           |         |              |              |           |         |              |             |            |          |          |             |           |         |          |              |           |         |         |              |           |          |         |              |           |          |   |              |       |     |      |          |             |          |         |          |             |          |         |         |             |            |         |          |             |           |          |         |             |         |          |         |              |           |         |         |              |           |          |              |       |     |      |          |             |          |          |         |             |            |          |          |             |           |          |         |             |         |          |         |             |         |         |         |              |           |          |         |              |           |          |              |       |     |      |          |             |          |          |          |             |          |         |         |             |            |          |         |             |         |          |         |             |         |         |         |              |           |          |
| PS387S2  | 10/27-12/15*                    | Saturdays  | 11:30 AM |      |          |             |            |          |          |              |           |         |              |             |         |         |          |              |           |         |              |              |           |         |              |             |            |          |          |             |           |         |          |              |           |         |         |              |           |          |         |              |           |          |   |              |       |     |      |          |             |          |         |          |             |          |         |         |             |            |         |          |             |           |          |         |             |         |          |         |              |           |         |         |              |           |          |              |       |     |      |          |             |          |          |         |             |            |          |          |             |           |          |         |             |         |          |         |             |         |         |         |              |           |          |         |              |           |          |              |       |     |      |          |             |          |          |          |             |          |         |         |             |            |          |         |             |         |          |         |             |         |         |         |              |           |          |
| <p style="text-align: center;"><b>ADULT (AD)</b></p> <p><b>Beginner (45 min.)</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Program Code</th> <th>Dates</th> <th>Day</th> <th>Time</th> </tr> </thead> <tbody> <tr><td>AD187TU1</td><td>10/23-12/11</td><td>Tuesdays</td><td>6:30 PM</td></tr> <tr><td>AD187TH1</td><td>10/25-12/13†</td><td>Thursdays</td><td>6:30 PM</td></tr> </tbody> </table> <p><b>Intermediate (45 min.)</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Program Code</th> <th>Dates</th> <th>Day</th> <th>Time</th> </tr> </thead> <tbody> <tr><td>AD287TU1</td><td>10/23-12/11</td><td>Tuesdays</td><td>7:15 PM</td></tr> <tr><td>AD287TH1</td><td>10/25-12/13†</td><td>Thursdays</td><td>7:15 PM</td></tr> </tbody> </table> <p><b>Advanced (45 min.)</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Program Code</th> <th>Dates</th> <th>Day</th> <th>Time</th> </tr> </thead> <tbody> <tr><td>AD387TU1</td><td>10/23-12/11</td><td>Tuesdays</td><td>8:00 PM</td></tr> <tr><td>AD387TH1</td><td>10/25-12/13†</td><td>Thursdays</td><td>8:00 PM</td></tr> </tbody> </table> | Program Code                    | Dates      | Day      | Time | AD187TU1 | 10/23-12/11 | Tuesdays   | 6:30 PM  | AD187TH1 | 10/25-12/13† | Thursdays | 6:30 PM | Program Code | Dates       | Day     | Time    | AD287TU1 | 10/23-12/11  | Tuesdays  | 7:15 PM | AD287TH1     | 10/25-12/13† | Thursdays | 7:15 PM | Program Code | Dates       | Day        | Time     | AD387TU1 | 10/23-12/11 | Tuesdays  | 8:00 PM | AD387TH1 | 10/25-12/13† | Thursdays | 8:00 PM |         |              |           |          |         |              |           |          |   |              |       |     |      |          |             |          |         |          |             |          |         |         |             |            |         |          |             |           |          |         |             |         |          |         |              |           |         |         |              |           |          |              |       |     |      |          |             |          |          |         |             |            |          |          |             |           |          |         |             |         |          |         |             |         |         |         |              |           |          |         |              |           |          |              |       |     |      |          |             |          |          |          |             |          |         |         |             |            |          |         |             |         |          |         |             |         |         |         |              |           |          |
| Program Code   | Dates                           | Day        | Time     |      |          |             |            |          |          |              |           |         |              |             |         |         |          |              |           |         |              |              |           |         |              |             |            |          |          |             |           |         |          |              |           |         |         |              |           |          |         |              |           |          |   |              |       |     |      |          |             |          |         |          |             |          |         |         |             |            |         |          |             |           |          |         |             |         |          |         |              |           |         |         |              |           |          |              |       |     |      |          |             |          |          |         |             |            |          |          |             |           |          |         |             |         |          |         |             |         |         |         |              |           |          |         |              |           |          |              |       |     |      |          |             |          |          |          |             |          |         |         |             |            |          |         |             |         |          |         |             |         |         |         |              |           |          |
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| AD287TU1   | 10/23-12/11                     | Tuesdays   | 7:15 PM  |      |          |             |            |          |          |              |           |         |              |             |         |         |          |              |           |         |              |              |           |         |              |             |            |          |          |             |           |         |          |              |           |         |         |              |           |          |         |              |           |          |   |              |       |     |      |          |             |          |         |          |             |          |         |         |             |            |         |          |             |           |          |         |             |         |          |         |              |           |         |         |              |           |          |              |       |     |      |          |             |          |          |         |             |            |          |          |             |           |          |         |             |         |          |         |             |         |         |         |              |           |          |         |              |           |          |              |       |     |      |          |             |          |          |          |             |          |         |         |             |            |          |         |             |         |          |         |             |         |         |         |              |           |          |
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| AD387TU1   | 10/23-12/11                     | Tuesdays   | 8:00 PM  |      |          |             |            |          |          |              |           |         |              |             |         |         |          |              |           |         |              |              |           |         |              |             |            |          |          |             |           |         |          |              |           |         |         |              |           |          |         |              |           |          |   |              |       |     |      |          |             |          |         |          |             |          |         |         |             |            |         |          |             |           |          |         |             |         |          |         |              |           |         |         |              |           |          |              |       |     |      |          |             |          |          |         |             |            |          |          |             |           |          |         |             |         |          |         |             |         |         |         |              |           |          |         |              |           |          |              |       |     |      |          |             |          |          |          |             |          |         |         |             |            |          |         |             |         |          |         |             |         |         |         |              |           |          |
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\* No Class Oct. 31      † No Class Nov. 1      ● No Class Nov. 10

- 1) All lesson participants must have a completed lesson registration form on file, regardless of membership type. Forms are completed online during the check-out process.
- 2) No make-up or substitute classes are available.
- 3) Any changes to registration, including transfers, cancellations, credits and refunds, must approved by the Aquatics Manager.



## **CORNERSTONE AQUATICS CENTER**

# **American Red Cross Group Swim Lessons**

### **PARENT/INFANT LESSONS**

6-18 Months (PI 1): This class is for parents with children ages 6 -18 months. This is a water introduction class where comfort in the water and submerging are taught in a low pressure and fun environment. Water experimentation, blowing bubbles, and basic skills are instructed through songs and activities.

18 Months-3 years (PI 2): This class is for children between the ages of 1 1/2 and 3 years. This class expands on some skills learned in the first course, but adds some more difficult skills such as floating, submersion, and gliding. This course is recommended before PSA 1.

### **PRE-SCHOOL SWIM LESSONS**

Pre-School Aquatics Level 1 (PS 1): This class teaches children the most elementary aquatic skills. They continue to develop safe practices around the water.

Pre-School Aquatics 2 (PS 2): This class teaches independent aquatic locomotion skills. Children continue to explore simultaneous and alternating arm and leg actions on the front and back to gain more proficiency for future strokes.

Pre-School Aquatics 3 (PS 3): This class teaches children to perform their skills independently. They are taught to improve coordination of combined arm and leg actions and alternating arm and leg actions.

### **LESSONS FOR CHILDREN- AGES 5 AND UP**

Level 1 (LTS 1): Introduction to Water Skills- Children learn breath control, buoyancy on the front and back, alternating arm and leg action and general water safety rules.

Level 2 (LTS 2): Fundamental Aquatic Skills- Underwater swimming, treading water, swimming in different positions and general water safety are the main focus.

Level 3 (LTS 3): Stroke Development- Head first entries, rotary breathing, changing directions and different kicks are taught.

Level 4 (LTS 4): Stroke Improvement- Diving, surface diving, turns, breaststroke kick, elementary back-stroke and scissor kicks are introduced.

Level 5 (LTS 5): Stroke Refinement- Head first surface dives, flip turns and survival swimming are taught. All other skills are refined.

Level 6 (LTS 6): Fitness Swimmer Course- Focuses on endurance as it pertains to using the water as a medium for exercise in addition to the core skills.

### **ADULT LESSONS– AGES 16 AND UP**

Beginner (AD 1): Learn basic swimming strokes and skills needed to stay safe, and help keep others safe in and around the water.

Intermediate (AD 2): Participants will gain proficiency in basic aquatic skills and the six basic swimming strokes

Advanced (AD 3): Participants will learn to refine their front crawl, back crawl, breaststroke and turns to build endurance.

There are **NO MAKE-UP LESSONS.**