



CORNERSTONE AQUATICS CENTER

Monday:

4:15-5:00 PM

Learn to Swim 1

5:00-5:45 PM

Learn to Swim 2

5:45-6:30 PM

Learn to Swim 4

Tuesday:

4:15-5:00 PM

Learn to Swim 2

Learn to Swim 4

5:00-5:45 PM

Learn to Swim 5

Learn to Swim 6

5:45-6:30 PM

Learn to Swim 5

Learn to Swim 6

Wednesday:

4:15-5:00 PM

Learn to Swim 1

4:30-5:15 PM

Learn to Swim 1

5:00-5:45 PM

Learn to Swim 4

5:30-6:15 PM

Learn to Swim 2

5:45-6:30 PM

Learn to Swim 2

6:15-7:00 PM

Learn to Swim 4

Thursday:

4:00-4:45 PM

Learn to Swim 2

4:45-5:30 PM

Learn to Swim 3

5:00-5:45 PM

Learn to Swim 2

5:45-6:30 PM

Learn to Swim 4

6:30-7:15 PM

Learn to Swim 5

Learn to Swim 6

Friday:

4:15-5:00 PM

Learn to Swim 1

Learn to Swim 2

4:30-5:15 PM

Learn to Swim 2

5:00-5:45 PM

Learn to Swim 3

5:15-6:00 PM

Learn to Swim 2

5:45-6:30 PM

Learn to Swim 4

Learn to Swim 6

6:00-6:45 PM

Learn to Swim 1

6:45-7:30 PM

Learn to Swim 3

Fall 1 Learn to Swim Week Day Swim Lessons

- Monday classes will run from September 9th—October 14th
- Tuesday—Friday classes will run from September 3rd—October 12th
- All Learn to Swim classes are 45 minutes once a week for six weeks
- Online registration closes Sunday September 1st at 8 PM

Members	Non-members
Monday August 19th at 1:00 PM	Wednesday August 21st at 1:00 PM
\$75	\$99

Please register online at

<https://cornerstone.recdesk.com>





Fall 1 Parent Infant & Preschool Week Day Swim Lessons

Tuesday—Friday Parent Infant & Preschool Swim Lessons

Tuesday:

9:15-9:45 AM

Preschool Level 1

10:00-10:30 AM

Parent Child 1 + 2

10:45-11:15 AM

Preschool Level 2

11:30-12 PM

Preschool Level 3

5:00-5:30 PM

Preschool Level 1

5:45-6:15 PM

Preschool Level 3

Wednesday:

9:15-9:45 AM

Preschool Level 1

10:00-10:30 AM

Parent Child 1 + 2

10:45-11:15 AM

Preschool Level 2

11:30-12:00 PM

Preschool Level 3

Thursday:

1:30– 2:00 PM

Preschool Level 1

2:15-2:45 PM

Preschool Level 2

3:00-3:30 PM

Preschool Level 3

4:30-5:00 PM

Preschool Level 1

5:00-5:30 PM

Preschool Level 3

Friday:

9:15-9:45 AM

Parent Child 1 + 2

10:00-10:30 AM

Preschool Level 1

10:45-11:15 AM

Preschool level 2

11:30-12:00 PM

Preschool Level 3

5:00-5:30 PM

Preschool Level 2

- Classes will run from Tuesday September 3rd—Friday October 11th
- All Classes are 30 Minutes each for six weeks
- Online registration closes Sunday September 1st at 8 PM

Members	Non-members
Monday August 19th at 1:00 PM	Wednesday August 21st at 1:00 PM
\$75	\$99

Please register online at
[**https://cornerstone.recdesk.com**](https://cornerstone.recdesk.com)





Fall 1 Saturday Swim Lessons

Cornerstone Aquatic Center

Parent Infant & Preschool Swim Lessons:

9:00-9:30 AM

Parent Child 1

Preschool Level 1

Preschool Level 3

9:30-10:00 AM

Parent Child 2

Preschool Level 1

Preschool Level 2

10:00-10:30 AM

Parent Child 2

Preschool Level 3

10:45-11:15 AM

Parent Child 2

Preschool Level 1

Preschool Level 2

11:30-12:00 PM

Preschool Level 1

Preschool Level 2

Preschool Level 3

Learn to Swim Lessons:

9:00-9:40 AM

Learn to Swim Level 2

Learn to Swim Level 3

9:45-10:30 AM

Learn to Swim Level 3

Learn to Swim Level 5

Learn to Swim Level 6

10:45-11:30 AM

Learn to Swim Level 1

Learn to Swim Level 4

11:30-12:15 PM

Learn to Swim Level 1

Learn to Swim Level 4

- Classes will run from Saturday September 7th– October 12th
- Parent Infant & Preschool classes are 30 minutes
- Learn to Swim classes are 45 minutes
- Online registration closes Sunday September 1st at 8 PM

Members	Non-members
Monday August 19th at 1:00	Wednesday August 21st at 1:00 PM
\$75	\$99

Please register online at
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CORNERSTONE AQUATICS CENTER

Adult Swim Lessons

Cornerstone Aquatic Center

- Classes will be held once a week for six weeks for 45 minutes each
- Classes will run from September 3rd—October 12th

Tuesday Night Adult lessons:	Thursday Night Adult Lessons:
6:30-7:15 PM Adult Beginner	6:30-7:15 PM Adult Beginner
7:15-8:00 PM Adult Intermediate	7:15-8:00 PM Adult Intermediate
8:00-8:45 PM Adult Advanced	8:00-8:45 PM Adult Advanced

Members	Non-members
Monday August 19th at 1:00 PM	Wednesday August 21st at 1:00 PM
\$75	\$99

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





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 backstroke 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.