

## LRC Aquatics Lessons Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>9:00-9:30</b> Water Aerobics	<b>9:00-9:30</b> Level 1 Swim	<b>9:00-9:30</b> Water Aerobics	<b>9:00-9:30</b> Level 1 Swim	<b>9:00-9:30</b> Water Aerobics	<b>9:00-9:30</b> Level 1 Swim
<b>9:30-10:15</b> Private or Semi Lesson	<b>9:30-10:00</b> Level 2 Swim	<b>9:30-10:00</b> Level 2 Swim	<b>9:30-10:00</b> Level 2 Swim	<b>9:30-10:00</b> Level 2 Swim	<b>9:30-10:15</b> Private or Semi Lesson
<b>10:15-11:00</b> Private or Semi Lesson	<b>10:00-10:30</b> Level 3 Swim	<b>10:00-10:30</b> Level 3 Swim	<b>10:00-10:30</b> Level 3 Swim	<b>10:00-10:30</b> Level 3 Swim	<b>10:15-11:00</b> Private or Semi Lesson
	<b>10:30-11:00</b> Level 4 Swim	<b>10:30-11:00</b> Level 4 Swim	<b>10:30-11:00</b> Level 4 Swim	<b>10:30-11:00</b> Level 4 Swim	
	<b>4:00-4:45</b> Private or Semi Lesson		<b>4:00-4:45</b> Private or Semi Lesson		
	<b>4:45-5:30</b> Private or Semi Lesson		<b>4:45-5:30</b> Private or Semi Lesson		

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**Level 1: Water Discovery** | 30 min | 3x/week | 2-week session (\$120 per session)

- Perfect for non-swimmers and beginners! Swimmers will build water confidence through floating, kicking, submerging, and basic water safety skills in a fun and supportive environment.

**Levels 2-4: Water Confidence** | 30 min 4x/week | 2-week session (\$160 per session)

- **Level 2: Water Confidence** For swimmers who are comfortable in the water and ready for more independence. Students will practice floating, treading water, underwater skills, and begin learning freestyle and backstroke.
- **Level 3: Stroke Foundations** Designed for swimmers who can move independently in the water and are ready to build endurance. Swimmers will strengthen freestyle and backstroke while learning breaststroke, butterfly basics, and deep-water skills.
- **Level 4: Stroke Technique & Conditioning** For strong swimmers ready to refine technique. Students will improve efficiency in all four strokes, build endurance, and practice skills like breathing, turns, and swim fitness.

**Water Aerobics** | 30 min | (\$15 per class)

- Stay active, build strength, and have fun in the water! This low-impact class is designed for all ages and fitness levels, using water resistance to improve cardio, strength, flexibility, and overall wellness in a supportive, upbeat environment.

**Private or Semi -Private Lessons** | 45 min 3x/week (private \$60 per class, \$45 semi-private per class per swimmer)

- Looking for more individualized instruction? Private and semi-private lessons offer personalized coaching tailored to each swimmer's goals, whether building water confidence, learning foundational skills, improving technique, or preparing for swim team. Semi-private lessons are ideal for siblings or swimmers of similar ability levels who want to learn together.