



**Children’s Group Learn to Swim**  
**American Red Cross Program**

**FALL SWIMMING LESSONS**

**Registration: Monday, August 30 through  
Friday, September 24, 2010**

Register online or at our Member Services Center

**Session Dates:**

**Sunday, Sept. 19 through Friday, October 29**

No swim lessons on 9/23, 9/24, 9/29, 9/30

(Make- up week Sunday, Oct. 31 –Friday, Nov. 5)

<b>Level I</b>		<b>Level II</b>		<b>Level III</b>	
Monday	1:15 – 1:45	Monday	1:45 – 2:15	Monday	4:30 - 5:00
Tuesday	4:00—4:30	Tuesday	4:30—5:00	Tuesday	4:30-5:00
Wednesday	1:15 – 1:45	Wednesday	1:45 – 2:15		
Wednesday	4:30-5:00	Wednesday	4:00-4:30	Wednesday	4:00-4:30
Thursday	1:45—2:15	Thursday	1:15 - 1:45		
Thursday	4:00—4:30	Thursday	4:30—5:00		
Friday	1:15 – 1:45	Friday	1:45—2:15		
Sunday	2:30- 3:00	Sunday	3:00-3:30	Sunday	3:30-4:00

**Additional Programming**

**Fun & Games: Tuesday 1:15pm-1:45pm (ages 4 & 5)**

**Thursday 4:15pm – 4:45pm (ages 4, 5, 6 & 7)**

For ages 4-7 yrs old or strong Level 2’s: while using noodles, hoops and other “Aquatic toys” children will learn coordination and balance while having fun.

**Infant Parent Aquatics Program (IPAP): 12 – 36 months**

**Sunday 2:00pm-2:30pm**

**Adult Swim Lessons:**

**Thursday 8:00pm-8:30pm**

Cost: \$65 AJCC members / \$95 non-members one time trial session

Minimum of three participants to run each class

For more information, please contact Rossi at 438-6651 ext. 122 or [RossiM@sajcc.org](mailto:RossiM@sajcc.org)