

Adult classes are 45 mins. All other classes are 30 mins.

\*Timeslots are not guaranteed and may be moved, cancelled, or merged due to registration numbers.

## Winter 2025 Schedule\*

Runs 10 weeks: 1 class per week from the week of January 6, 2025 onward

		Monday	Tuesday	Wednesday	Thursday	Friday
5:00 PM	Lifeguards arrive	AQUAFIT	AQUAFIT		AQUAFIT	
5:45 PM						
6:00 PM	Instructor 1	Preschool Level 4	Parent & Tot Level 1		Preschool Level 1	
	Instructor 2	Preschool Level 5	Parent & Tot Level 2		Preschool Level 2	
	Instructor 3	Kids Swim Level 1	Parent & Tot Level 3		Preschool Level 3	
6:30 PM	Instructor 1	Preschool Level 1	Preschool Level 4	AQUAFIT	Kids Swim Level 4	
	Instructor 2	Preschool Level 2	Preschool Level 5		Kids Swim Level 5	
	Instructor 3	Preschool Level 3	Kids Swim Level 1		Kids Swim Level 6	
7:00 PM	Instructor 1	Kids Swim Level 1	Kids Swim Level 2		Kids Swim Level 1	
	Instructor 2	Kids Swim Level 2	Kids Swim Level 3		Kids Swim Level 2	
	Instructor 3	Kids Swim Level 3	Kids Swim Level 4		Kids Swim Level 3	
7:30 PM	Instructor 1	Kids Swim Level 4	Kids Swim Level 5		Adult Level 1	
	Instructor 2	Kids Swim Level 5	Kids Swim Level 6		Adult Level 2	
	Instructor 3	Kids Swim Level 6	Swim for Fitness		Adult Level 3	
8:15 PM						

		Saturday	Sunday
10:00 AM	Instructor 1	Parent & Tot Level 1	Parent & Tot Level 1
	Instructor 2	Parent & Tot Level 2	Parent & Tot Level 2
		Parent & Tot Level 3	Parent & Tot Level 3
10:30 AM	Instructor 1	Preschool Level 1	Preschool Level 3
	Instructor 2	Preschool Level 2	Preschool Level 4
	Instructor 3	Preschool Level 3	Preschool Level 5
11:00 AM	Instructor 1	Kids Swim Level 1	Kids Swim Level 4
	Instructor 2	Kids Swim Level 2	Kids Swim Level 5
	Instructor 3	Kids Swim Level 3	Kids Swim Level 6
11:30 AM	Instructor 1	Adult Level 1	Adult Level 2
	Instructor 2	Adult Level 1	Adult Level 2
	Instructor 3	Adult Level 1	Adult Level 3
12:15 PM	Instructor 1	Adult Level 2	Adult Level 1
	Instructor 2	Adult Level 3	Adult Level 1
	Instructor 3	Swim for Fitness	Adult Level 1
1:00 PM			

Unsure what level? Our staff can help! Give us a call at 519-914-5280, press 2 to speak with the south club.