

| Tuesday September 10th - October 22nd | | |
|--|--------------|---------|
| 10:30-11:00 am | Sailboat W | Rachael |
| 11:00-11:30 am | Tugboat W | Kathy |
| 11:00-11:30 am | Rowboat W | Rachael |
| 11:30-12:00 pm | Paddleboat W | Rachael |
| 3:45-4:15 pm | Rowboat W | Peg |
| 3:45-4:15 pm | Paddleboat W | Rachael |
| 4:15-4:45 pm | Sailboat W | Peg |
| 4:15-4:45 pm | Rowboat W | Rachael |
| 4:45-5:15 pm | Skiboat W | Peg |
| 4:45-5:15 pm | Sailboat W | Rachael |
| 5:15-5:45 pm | Paddleboat W | Peg |
| 5:15-5:45 pm | Skiboat W | Rachael |
| 6:00-6:45 pm | Skiboat S | Peg |
| 6:45-7:30 pm | Yacht S | Peg |
| Wednesday September 11th - October 23rd | | |
| 4:00-4:30 pm | Paddleboat W | Liz |
| 4:00-4:30 pm | Rowboat W | Vince |
| 4:30-5:00 pm | Sailboat W | Liz |
| 4:30-5:00 pm | Skiboat W | Vince |
| 5:00-5:30 pm | Rowboat W | Vince |
| 5:00-5:30 pm | Tugboat W | Liz |

| Thursday September 12th - October 24th | | |
|---|--------------|--------|
| 10:00-10:30 am | Paddleboat W | Peg |
| 10:30-11:00 am | Rowboat W | Peg |
| 10:30-11:00 am | Tugboat W | Kathy |
| 11:00-11:30 am | Rowboat W | Peg |
| 11:30-12:00 pm | Sailboat W | Peg |
| 5:30-6:00 pm | Paddleboat W | Becca |
| 5:30-6:00 pm | Sailboat W | Lizzie |
| 6:00-6:30 pm | Rowboat W | Lizzie |
| 6:00-6:30 pm | Paddleboat W | Becca |
| 6:30-7:00 pm | Rowboat W | Becca |
| 6:30-7:00 pm | Skiboat W | Lizzie |
| Friday September 13th - October 25th | | |
| 4:00-4:30 pm | Sailboat W | Marie |
| 4:00-4:30 pm | Rowboat W | Vince |
| 4:30-5:00 pm | Skiboat W | Marie |
| 4:30-5:00 pm | Paddleboat W | Vince |
| 5:00-5:30 pm | Rowboat W | Marie |
| 5:00-5:30 pm | Sailboat W | Vince |
| Saturday September 14th - October 26th | | |
| 10:15-10:45 am | Sailboat W | Becca |
| 10:15-10:45 am | Tugboat W | Marie |
| 10:45-11:15 am | Rowboat W | Marie |
| 10:45-11:15 am | Skiboat W | Becca |
| 11:15-11:45 am | Paddleboat W | Marie |
| 11:15-11:45 am | Rowboat W | Becca |
| 11:50-12:35 pm | Skiboat S | Marie |

| Group Lesson Fees | 7x30 Min | 7x45 Min |
|-------------------|----------|----------|
| Members | \$99 | \$121 |
| Non Members | \$127 | \$171 |

Refunds and credits will not be given once the classes have started. To receive a full refund you must cancel one week prior to the session starting. Harbor does not offer make up lessons if a class is missed.

Online signup:
Go to HarborAthletic.com, click on "Register for Classes" (MindBody). Use the instructions on "Harbor Swim School" page.



Harbor Swim School Class Descriptions:

Tugboats: Parent/Child: A class for children age 6 months to 3 years, children must wear swim diapers if not potty trained.

Paddleboats: PreBeginner: Children must be at least 3 yrs of age (or have prior approval from Kathy or Rachael). Children must be able to attend class without a parent and follow teacher instructions.

Rowboats: Beginner: Children must be able to go underwater comfortably.

Sailboats: Novice: Children must be able to float independently on stomach and back and demonstrate rotary breathing.

Skiboats: Intermediate: Children must have mastered rotary breathing and can swim freestyle and backstroke across pool.

Yachts: Advanced: Children must have knowledge of the four competitive strokes and be able to do legal breaststroke and butterfly kick.

Please let us know if your child has any special needs.

Harbor Swim School Policies:

1. Refunds and credits will not be given once the classes have started. To receive a full refund you must cancel one week prior to the beginning of the session.
2. Harbor does not offer make up lessons if a class is missed except for Parent/Child classes.
3. Parents/spectators must watch from the far side of the pool and remain clear of the learning area.
4. Children who aren't potty trained must wear swim diapers.
5. Participants must shower before entering the pool.
6. Only members may use the facility during their child's swim lesson. Non members may purchase a day pass at the front desk.

W-Warm Pool, S-Sport Pool, L-Lap Pool,
O-Outdoor Pool

| Stroke Technique September 16 - October 26 6 Week Session | | |
|---|--------------------|----------|
| Classes held in Sport Pool. Ages 6-11 yrs. Kids must have knowledge of 4 competitive strokes and be able to do legal breaststroke and butterfly kick. Class will focus on improving stroke and turn mechanics. | | |
| Monday | 4:00-5:00 S | Lizzie |
| Thursday | 4:30-5:30 pm S | Lizzie |
| Saturday | 12:00-1:00 pm S | Becca |
| Stroke Endurance September 16 - October 24 6 Week Session | | |
| Classes held in Sport Pool. Ages 9-12 yrs. Designed for competitive swimmers. Kids must have at least one season of competitive swim experience and have 4 legal strokes. Class will focus on maintaining proper stroke mechanics for longer distances. | | |
| Monday | 6:00-7:00 pm S | Rachael |
| Wednesday | 4:00-5:00 pm S | Rachael |
| Thursday | 4:30-5:30 pm S | Rachael |
| Swim Training for Tweens September 17 - October 22 | | |
| Classes held in Lap Pool. Designed for the competitive swimmers ages 12 and up who want a structured workout. Swimmers should be proficient in all 4 strokes. Expect to swim approximately 2000 yards per day. | | |
| Tuesday | 4:30-5:30 pm L | Jennifer |
| Members | Pricing | Non |
| \$85 | 6 weeks of classes | \$109 |
| Stroke Endurance and Swim Training for Tweens classes are half off when purchasing 2nd or 3rd day | | |

PRIVATE LESSONS: One on one or semi private instruction for all ages and ability levels. To enroll in private lessons please fill out an intake form at the front desk or go to www.harborathletic.com/interest and fill it out online.

| Private Swim Fees* | Members | Non Members | Additional Person+ | + Extra charge for each additional person |
|-------------------------|---------|-------------|--------------------|---|
| 1/2 hour | \$35 | \$50 | \$10 | |
| 5 x 1/2 hours | \$150 | \$175 | \$50 | |
| 10 x 1/2 hours (5x1 hr) | \$275 | \$335 | \$100 | |

www.harborathletic.com

The next swim lesson sign up will be available October 3rd. Classes will start October 28th.