

Tuesday June 18th - July 30th		
10:30-11:00 am	Sailboat W/O	Peg
11:00-11:30 am	Tugboat W/O	Kathy
11:00-11:30 am	Rowboat W/O	Peg
11:30-12:00 pm	Paddleboat W/O	Peg
12:00-12:30 pm	Paddleboat W/O	Peg
12:45-1:30 pm	Yacht S	Peg
3:45-4:15 pm	Rowboat W	Jennifer
3:45-4:15 pm	Paddleboat W	Rachael
4:15-4:45 pm	Sailboat W	Jennifer
4:15-4:45 pm	Rowboat W	Rachael
4:45-5:15 pm	Skiboat W	Jennifer
4:45-5:15 pm	Sailboat W	Rachael
5:15-5:45 pm	Paddleboat W	Jennifer
5:15-5:45 pm	Skiboat W	Rachael
6:00-6:45 pm	Skiboat S	Jennifer
6:45-7:30pm	Yacht S	Jennifer
Wednesday June 19th - July 31st		
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	Tugboat W	Liz
5:00-5:30 pm	Rowboat W	Vince
Tuesday & Thursday Session I: June 18th - July 11th (No Class July 4th) Session II: July 16th - August 6th		
10:30-11:00 am	Paddleboat W/O	Rachael
11:00-11:30 am	Rowboat W/O	Rachael
11:30-12:00 pm	Sailboat W/O	Rachael
12:00-12:30 pm	Skiboat W/O	Rachael

Thursday June 20th - August 8th (No class July 4th)		
10:00-10:30 am	Paddleboat W/O	Liz
10:30-11:00 am	Rowboat W/O	Liz
10:30-11:00 am	Tugboat W/O	Kathy
11:00-11:30 am	Sailboat W/O	Liz
3:30-4:00 pm	Paddleboat W	Jennifer
4:00-4:30 pm	Sailboat W	Jennifer
4:30-5:00 pm	Rowboat W	Jennifer
5:15-6:00 pm	Skiboat S	Jennifer
5:30-6:00 pm	Rowboat W	Becca
5:30-6:00 pm	Sailboat W	Michael
6:00-6:30 pm	Paddleboat W	Becca
6:00-6:30 pm	Skiboat W	Michael
6:30-7:00 pm	Sailboat W	Becca
Saturday June 22nd - August 3rd		
10:15-10:45 am	Sailboat W	Marie
10:45-11:15 am	Rowboat W	Marie
11:15-11:45 am	Paddleboat W	Marie
11:45-12:15 pm	Skiboat W	Marie

Stroke Technique June 19th - July 31st		
Classes held in Sport Pool. Ages 6-11 yrs. Kids must have knowledge of 4 competitive strokes and be able to do leagal breaststroke and butterfly kick. Class will focus on improving stroke and turn mechanics.		
Wednesday	4:00 pm-5:00 pm S	Jennifer

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

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](http://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](http://www.harborathletic.com)

The next swim lesson sign up will be available August 15th. Classes will start September 9th.