

Aquatics Director Alexandra Bentz
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Swim Lesson Coordinator Tarina Silvis
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Spring Session II Swim Lessons

King George Family YMCA Aquatic Center @ King George Family
 YMCA
 May 8th - June 24th

10545 Kings Highway
 King George, VA 22485
 540-775-9622

	MON	TUE	WED	THU	FRI	SAT	SUN
10am						Stage 4 Stroke Introduction- Preschool Swim Lesson 10am - 10:45am	
						Stage B Water Exploration- Infant Swim Lesson 10am - 10:45am	
						Stage 1 Water Acclimation- Preschool Swim Lesson 10am - 10:45am	
11am						Special Olympics Swimming 10:45am - 11:45am	
						Stage 2 Water Movement- Child Swim Lesson 11am - 11:45am	
						Stage 3 Water Stamina-Child Swim Lesson 11am - 11:45am	
12pm		Stage 1 Water Acclimation- Preschool Swim Lesson 12pm - 12:30pm					
		Stage A Water Discover- Infant Swim Lesson 12pm - 12:30pm					
5pm	Stage 1 Water Acclimation- Preschool Swim Lesson 5pm - 5:45pm	Stage 1 Water Acclimation- Preschool Swim Lesson 5:30pm - 6:15pm		Stage 1 Water Acclimation- Preschool Swim Lesson 5:30pm - 6:15pm			
	Stage 4 Stroke Introduction- Preschool Swim Lesson 5pm - 5:45pm	Stage 2 Water Movement- Preschool Swim Lesson 5:30pm - 6:15pm		Stage 3 Water Stamina-Child Swim Lesson 5:30pm - 6:15pm			
		Stage 2 Water Movement- Child Swim Lesson 5:30pm - 6:15pm		Stage 3 Water Stamina- Preschool Swim Lesson 5:30pm - 6:15pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.

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	MON	TUE	WED	THU	FRI	SAT	SUN
6pm	Stage 2 Water Movement- Preschool Swim Lesson 6pm - 6:45pm	Stage 6 Stroke Mechanics- Child Swim Lesson 6:30pm - 7:15pm		Stage 4 Stroke Introduction- Child Swim Lesson 6:30pm - 7:15pm			
	Stage 2 Water Movement- Teen Swim Lesson 6pm - 6:45pm	Stage 3 Water Stamina-Child Swim Lesson 6:30pm - 7:15pm		Stage 5 Stroke Development- Child Swim Lesson 6:30pm - 7:15pm			
	Stage 2 Water Movement- Teen/Adult Swim Lesson 6pm - 6:45pm	Stage 4 Stroke Introduction- Child Swim Lesson 6:30pm - 7:15pm		Stage 2 Water Movement- Child Swim Lesson 6:30pm - 7:15pm			

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