

Lone Mountain Gymnastics & Swim School



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2011-2012 Swim Schedule

	MON	TUES	WED	THUR	FRI	SAT	DESCRIPTION	TUITION
CLASSES								
WaterBabies (6 mo. - 3 yrs.)		9:30-10:05	9:30-10:05 ----- 5:30-6:05	10:15-10:50		9:30-10:05 10:15-10:50	Parent Participation and reusable swim diaper.	\$46*
WaterJumpers (2 1/2 - 3 1/2 yrs.)		9:30-10:05	9:30-10:05 ----- 5:30-6:05	10:15-10:50		10:15-10:50	Parent Participation, reusable swim diaper. Must be able to stand alone with head above water in shallow end.	\$46*
SwimKids (3 - 12 yrs.)	4:00-4:35 4:45-5:20 5:30-6:05	10:15-10:50 11:00-11:35 ----- 4:00-4:35 4:45-5:20 5:30-6:05	10:15-10:50 11:00-11:35 ----- 4:00-4:35 4:45-5:20 5:30-6:05	09:30-10:05 11:00-11:35 ----- 4:00-4:35 4:45-5:20 5:30-6:05		9:30-10:05 10:15-10:50 11:00-11:35 11:45-12:20	Child must be willing to participate without a parent & able to use toilet independently. Children work on skill progression from basics to pre-team.	\$48*
Splashball (6-12 yrs.)				5:30-6:30			Introduction to WaterPolo. Fun, high energy team sport. Improves fitness and swimming skills.	\$62*
Advanced SwimKids (8 yrs. & up)	5:00-6:00	5:30-6:30					Must have completed all Swim Kids levels or by evaluation. Pre-Team class.	\$62*
Snorkeling (ages 5 yrs & up)			4:45-5:20			10:15-10:50	Introduction to a fun recreational activity while learning proper breathing and clearing techniques.	\$48*
Aqua Moms PreNatal -PostNatal		6:30-7:30pm		6:30-7:30pm		8:30-9:30am	Cardiovascular and flexibility program for Pre-natal and Post-natal Women.	\$46*

*Tuition rates are shown based on enrollment of 1 day per week and 4 weeks per month. Please see back page for tuition by month.

Lone Mountain maintains the highest standards of water quality. In the event of pool closure due to contaminated water, Lone Mountain reserves the right to reschedule classes as fair compensation for a cancelled class.

Please refer to our Policies and Guidelines for questions regarding program administration.