		Fall 2024 Lynnwoo	od Swim School - Stand	lard Lesson Offerings		
Water Babies	Treesday		These days	Ages: 6 months - 23 months w		Overday
<b>Monday</b> 9:00am   9:30am   6:00pm	Tuesday       7:00pm	9:00am   6:00pm	7:00pm	Friday 4:30pm	9:30am	Sunday 10:00am
Tiny Tots	7.00pm	9.00aiii   0.00piii	7.00pm	Ages: 2 - 3 years with an adult		10:00a11
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30pm	9:00am   6:30pm	9:30am   6:30pm	9:00am   6:30pm	5:00pm	9:00am	9:30am
Preschool Safety Levels				Ages: 4 - 6 years old		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Preschool Safety 1*	Preschool Safety 1*	Preschool Safety 1*	Preschool Safety 1*	Preschool Safety 1*	Preschool Safety 1*	Preschool Safety 1*
9am   9:30am   10am 4:00pm   4:30pm	9am   10:00a 5:00pm  5:30pm	9:00am   9:30am 4pm   4:30pm	9:00am  10:00am 5:00pm   5:30pm	10:00am 4:00pm   4:30pm	9:00am   9:30am 10:00am   10:30am	9:30am   10:30am 11:30am
5:00pm   6:00pm   6:30pm	6:00pm   6:30pm   7:00pm	5:00pm   5:30pm   6:00pm	6:00pm   6:30pm   7:00pm	5:30pm   6:00pm	11:00am	11.000
Preschool Safety 2	Preschool Safety 2	Preschool Safety 2	Preschool Safety 2	Preschool Safety 2	Preschool Safety 2	Preschool Safety 2
10:00am   4:00pm	9:30am   4:00pm	10:00am   4:00pm	9:30am 4:00pm	9:30am   4pm	9:00am   10:00am	9:30am   10:00am
4:30pm   5:00pm   6:30pm	4:30pm   5pm   6pm	4:30pm   5:00pm   6:30pm	4:30pm   5pm   6:30pm	5:00pm   5:30pm	10:30am   11:00am	10:30am
Preschool Safety 3	Preschool Safety 3	Preschool Safety 3	Preschool Safety 3	Preschool Safety 3	Preschool Safety 3	Preschool Safety 3
4:00pm   4:30pm 5:30pm   6:30pm	9:30am   4:00pm 5:00pm   5:30pm   6:30pm	10:00am   4:00pm 5:00pm   5:30pm   6:30pm	9:30am   4:00pm 5:00pm   5:30pm   6:00pm	9:00am   4:00pm 4:30pm   5:30pm	9:30am   10:30am 11:00am	10:00am   10:30am 11:30am
Preschool Safety 4	Preschool Safety 4	Preschool Safety 4	Preschool Safety 4	Preschool Safety 4	Preschool Safety 4	Preschool Safety 4
4:30pm   5:30pm	5:30pm   7:00pm	5:30pm   6:30pm	6:00pm   6:30pm	5:00pm	9:30am   10:00am	10:00am   11:00am
					11:00am	
Preschool Safety 5	Preschool Safety 5	Preschool Safety 5	Preschool Safety 5	Preschool Safety 5	Preschool Safety 5	Preschool Safety 5
6:00pm	5:30pm	5:30pm	5:30pm	5:00pm	10:00am	10:00am
Youth Safety Levels		· · · · · · · · · · · · · · · · · · ·		Ages: 7 - 12 years old	r	r
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Youth Safety 1 *	Youth Safety 1 *	Youth Safety 1 *	Youth Safety 1 *	Youth Safety 1 *	Youth Safety 1 *	Youth Safety 1 *
4:00pm   4:30pm 5:30pm   6:00pm   6:30pm	4:00pm   4:30pm   5:00pm 6:00pm   6:30pm	4:00pm   4:30pm   5:00pm 5:30pm  6:30pm	4:00pm   4:30pm 5:00pm  6:30pm	4:00pm   4:30pm 5:30pm	9:00am   9:30am   10:00am 10:30am   11:00am	9:30am   10:00am 11:00am
Youth Safety 2	Youth Safety 2	Youth Safety 2	Youth Safety 2	Youth Safety 2	Youth Safety 2	Youth Safety 2
4:00pm   4:30pm   5:30pm	4:00pm   4:30pm	4:00pm   4:30pm   5:00pm	4:00pm   4:30pm   5:00pm	4:00pm   4:30pm	9:00am   9:30am	9:30am   10:00am
6:00pm   6:30pm	5:00pm   5:30pm   6:00pm	6:00pm   6:30pm	5:30pm  6:00pm   6:30pm	5:30pm	10:00am   10:30am	11:30am
Youth Safety 3	Youth Safety 3	Youth Safety 3	Youth Safety 3	Youth Safety 3	Youth Safety 3	Youth Safety 3
4:00pm   5:00pm	4:00pm   4:30pm	4:00pm   4:30pm	4:00pm   4:30pm	4:00pm   4:30pm	9:00am   9:30am	9:30am   10:00am
6:00pm   6:30pm Youth Safety 4	5:00pm   6:30pm Youth Safety 4	5:00pm   6:00pm   6:30pm Youth Safety 4	5:00pm   5:30pm   6:00pm Youth Safety 4	5:00pm Youth Safety 4	10:00am   11:00am Youth Safety 4	Youth Safety 4
4:30pm   5:00pm	4:30pm   5:30pm	4:30pm   5:30pm	4:30pm   5:30pm	4:30pm   5:30pm	9:00am   9:30am	9:30am   11:00am
6:30pm	6:00pm   6:30pm	6:30pm	6:00pm   6:30pm	6:00pm	10:30am   11:00am	'
Youth Safety 5	Youth Safety 5	Youth Safety 5	Youth Safety 5	Youth Safety 5	Youth Safety 5	Youth Safety 5
4:30pm   5:00pm	5:30pm   6:00pm	4:30pm   5:00pm	5:00pm   5:30pm	5:30pm   6:00pm	9:00am   10:00am	9:30am  11:30am
5:30pm	6:30pm	6:00pm	6:00pm  7:00pm		10:30am   11:00am	
Stroke Development Level			<b>-</b>	Ages: 4 - 12 years old		
Monday Stroke Dovelopment 6	Tuesday	Wednesday	Thursday Stroke Development 6	Friday Stroke Dovelopment 6	Saturday	Sunday
5:00pm   5:30pm	Stroke Development 6           5:00pm   6:00pm   7:00pm	Stroke Development 6 4:30pm   6:00pm	5:00pm   6:00pm   7:00pm	Stroke Development 6 5:00pm   6:00pm	Stroke Development 6 9:30am   10:00am   10:30am	Stroke Development 6 10:30am
Stroke Development 7	Stroke Development 7	Stroke Development 7	Stroke Development 7	Stroke Development 7	Stroke Development 7	Stroke Development 7
5:00pm	5:00pm   6:00pm   7:00pm	5:30pm	5:00pm   6:00pm   7:00pm	6:00pm	9:30am   10:00am	11:00am
Stroke Development 8	Stroke Development 8	Stroke Development 8	Stroke Development 8	Stroke Development 8	Stroke Development 8	Stroke Development 8
6:00pm	5:30pm   6:30pm	5:00pm	5:30pm   6:30pm	5:00pm	9:30am   10:00am	10:30am
Stroke Development 9 5:30pm	6:00pm   6:30pm	Stroke Development 9 6:00pm	5:30pm   6:30pm	5:30pm	Stroke Development 9 10:30am   11:00am	Stroke Development 9 10:30am
		0.00pm	0.00pm   0.00pm	· ·	10.30411   11.00411	10.30411
Teen Levels Monday	Tuesday	Wednesday	Thursday	Ages: 13-17 years old Friday	Saturday	Sunday
Teen Level 1 *	Teen Level 1 *	Teen Level 1 *	Teen Level 1 *	Teen Level 1 *	Teen Level 1 *	Teen Level 1 *
7:00pm	7:30pm	7:00pm	7:30pm	6:00pm	10:30am	
Teen Level 2	Teen Level 2	Teen Level 2	Teen Level 2	Teen Level 2	Teen Level 2	Teen Level 2
6:00pm	7:30pm	5:30pm	7:30pm	6:00pm	10:30am	
Teen Level 3	Teen Level 3	Teen Level 3	Teen Level 3	Teen Level 3       5:00pm	Teen Level 311:00am	Teen Level 3
Teen Level 4		Teen Level 4	Teen Level 4	Teen Level 4	Teen Level 4	Teen Level 4
	Teen Level 4					
	Teen Level 4			5:00pm	11:00am	
Adult Levels	Teen Level 4			·	11:00am	
Adult Levels Monday	Teen Level 4 Teen Level 4 Tuesday	Wednesday	Thursday	5:00pm Ages: 18 + years old <b>Friday</b>	11:00am Saturday	Sunday
			Thursday Adult Level 1 *	Ages: 18 + years old		Sunday Adult Level 1 *
Monday Adult Level 1 * 8:00am   7:00pm   7:30pm	Tuesday Adult Level 1 *	Wednesday Adult Level 1 * 8:30am   7:00pm   7:30pm	Adult Level 1 *	Ages: 18 + years old Friday Adult Level 1 *	Saturday Adult Level 1 *	Adult Level 1 * 11:00am
Monday Adult Level 1 * 8:00am   7:00pm   7:30pm Adult Level 2	Tuesday	Wednesday Adult Level 1 * 8:30am   7:00pm   7:30pm Adult Level 2		Ages: 18 + years old Friday	Saturday	Adult Level 1 * 11:00am Adult Level 2
Monday           Adult Level 1 *           8:00am   7:00pm   7:30pm           Adult Level 2           8:30am   7:30pm	Tuesday         Adult Level 1 *         Adult Level 2	Wednesday           Adult Level 1 *           8:30am   7:00pm   7:30pm           Adult Level 2           8:00am   7:30pm	Adult Level 1 * Adult Level 2	Ages: 18 + years old Friday Adult Level 1 * Adult Level 2	Saturday Adult Level 1 * Adult Level 2	Adult Level 1 * 11:00am Adult Level 2 11:00am
Monday Adult Level 1 * 8:00am   7:00pm   7:30pm Adult Level 2	Tuesday Adult Level 1 *	Wednesday Adult Level 1 * 8:30am   7:00pm   7:30pm Adult Level 2	Adult Level 1 *	Ages: 18 + years old Friday Adult Level 1 *	Saturday Adult Level 1 *	Adult Level 1 * 11:00am Adult Level 2
Monday           Adult Level 1 *           8:00am   7:00pm   7:30pm           Adult Level 2           8:30am   7:30pm	Tuesday         Adult Level 1 *         Adult Level 2         Adult Level 3	Wednesday           Adult Level 1 *           8:30am   7:00pm   7:30pm           Adult Level 2           8:00am   7:30pm	Adult Level 1 * Adult Level 2 Adult Level 3	Ages: 18 + years old Friday Adult Level 1 * Adult Level 2	Saturday Adult Level 1 * Adult Level 2	Adult Level 1 * 11:00am Adult Level 2 11:00am Adult Level 3
Monday         Adult Level 1 *         8:00am   7:00pm   7:30pm         Adult Level 2         8:30am   7:30pm         Adult Level 3	Tuesday         Adult Level 1 *         Adult Level 2         Adult Level 3         7:30pm	Wednesday Adult Level 1 * 8:30am  7:00pm   7:30pm Adult Level 2 8:00am  7:30pm Adult Level 3	Adult Level 1 * Adult Level 2 Adult Level 3 7:30pm	Ages: 18 + years old Friday Adult Level 1 * Adult Level 2 Adult Level 3	Saturday Adult Level 1 * Adult Level 2 Adult Level 3	Adult Level 1 * 11:00am Adult Level 2 11:00am Adult Level 3 11:30am
Monday         Adult Level 1 *         8:00am   7:00pm   7:30pm         Adult Level 2         8:30am   7:30pm         Adult Level 3         Adult Level 4	Tuesday         Adult Level 1 *         Adult Level 2         Adult Level 3         7:30pm         Adult Level 4	Wednesday Adult Level 1 * 8:30am  7:00pm   7:30pm Adult Level 2 8:00am  7:30pm Adult Level 3	Adult Level 1 * Adult Level 2 Adult Level 3 7:30pm Adult Level 4	Ages: 18 + years old Friday Adult Level 1 * Adult Level 2 Adult Level 3	Saturday Adult Level 1 * Adult Level 2 Adult Level 3 Adult Level 4	Adult Level 1 * 11:00am Adult Level 2 11:00am Adult Level 3 11:30am Adult Level 4
Monday Adult Level 1 * 8:00am   7:00pm   7:30pm Adult Level 2 8:30am   7:30pm Adult Level 3 Adult Level 4 Pre-Competition Skills Monday	Tuesday         Adult Level 1 *         Adult Level 1 *         Adult Level 2         Adult Level 2         Adult Level 3         7:30pm         Adult Level 4         7:30pm         45 minute class         Tuesday	Wednesday Adult Level 1 * 8:30am  7:00pm   7:30pm Adult Level 2 8:00am  7:30pm Adult Level 3 Adult Level 4 Wednesday	Adult Level 1 * Adult Level 2 Adult Level 2 Adult Level 3 7:30pm Adult Level 4 7:30pm Thursday	Ages: 18 + years old         Friday         Adult Level 1 *         Adult Level 2         Adult Level 2         Adult Level 3         Adult Level 4         Adult Level 4         Friday	Saturday Adult Level 1 * Adult Level 2 Adult Level 3 Adult Level 4 8 years old Saturday	Adult Level 1 * 11:00am Adult Level 2 11:00am Adult Level 3 11:30am Adult Level 4 11:30am Sunday
Monday Adult Level 1 * 8:00am   7:00pm   7:30pm Adult Level 2 8:30am   7:30pm Adult Level 3 Adult Level 4 Pre-Competition Skills Monday Competition Skills 1	Tuesday         Adult Level 1 *         Adult Level 1 *         Adult Level 2         Adult Level 2         Adult Level 3         7:30pm         Adult Level 4         7:30pm         45 minute class	Wednesday Adult Level 1 * 8:30am  7:00pm   7:30pm Adult Level 2 8:00am  7:30pm Adult Level 3 Adult Level 4 Wednesday Competition Skills 1	Adult Level 1 * Adult Level 2 Adult Level 3 7:30pm Adult Level 4 7:30pm	Ages: 18 + years old         Friday         Adult Level 1 *         Adult Level 2         Adult Level 3         Adult Level 4         Adult Level 4	Saturday Adult Level 1 * Adult Level 2 Adult Level 3 Adult Level 4 8 years old	Adult Level 1 * 11:00am Adult Level 2 11:00am Adult Level 3 11:30am Adult Level 4 11:30am
Monday         Adult Level 1 *         8:00am   7:00pm   7:30pm         Adult Level 2         8:30am   7:30pm         Adult Level 3         Adult Level 3         Pre-Competition Skills         Monday         Competition Skills 1         5:00pm	Tuesday         Adult Level 1 *         Adult Level 1 *         Adult Level 2         Adult Level 2         Adult Level 3         7:30pm         Adult Level 4         7:30pm         45 minute class         Tuesday         Competition Skills 1	Wednesday Adult Level 1 * 8:30am  7:00pm   7:30pm Adult Level 2 8:00am  7:30pm Adult Level 3 Adult Level 4 Wednesday Competition Skills 1 5:45pm	Adult Level 1 * Adult Level 2 Adult Level 2 Adult Level 3 7:30pm Adult Level 4 7:30pm Thursday Competition Skills 1	Ages: 18 + years old         Friday         Adult Level 1 *         Adult Level 1 *         Adult Level 2         Adult Level 3         Adult Level 3         Adult Level 4         Ages: 7-12 years old, and 13-1         Friday         Competition Skills 1	Saturday Adult Level 1 * Adult Level 2 Adult Level 3 Adult Level 3 Adult Level 4 8 years old Saturday Competition Skills 1	Adult Level 1 * 11:00am Adult Level 2 11:00am Adult Level 3 11:30am Adult Level 4 11:30am Sunday Competition Skills 1
Monday Adult Level 1 * 8:00am   7:00pm   7:30pm Adult Level 2 8:30am   7:30pm Adult Level 3 Adult Level 4 Pre-Competition Skills Monday Competition Skills 1	Tuesday         Adult Level 1 *         Adult Level 1 *         Adult Level 2         Adult Level 2         Adult Level 3         7:30pm         Adult Level 4         7:30pm         45 minute class         Tuesday	Wednesday Adult Level 1 * 8:30am  7:00pm   7:30pm Adult Level 2 8:00am  7:30pm Adult Level 3 Adult Level 4 Wednesday Competition Skills 1	Adult Level 1 * Adult Level 2 Adult Level 2 Adult Level 3 7:30pm Adult Level 4 7:30pm Thursday	Ages: 18 + years old         Friday         Adult Level 1 *         Adult Level 2         Adult Level 2         Adult Level 3         Adult Level 4         Adult Level 4         Friday	Saturday Adult Level 1 * Adult Level 2 Adult Level 3 Adult Level 4 8 years old Saturday	Adult Level 1 * 11:00am Adult Level 2 11:00am Adult Level 3 11:30am Adult Level 4 11:30am Sunday