

**Fall 2024 Lynnwood Swim School - Standard Lesson Offerings**

<b>Water Babies</b> <span style="float:right">Ages: 6 months - 23 months with an adult in the water</span>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00am   9:30am   6:00pm	7:00pm	9:00am   6:00pm	7:00pm	4:30pm	9:30am	10:00am
<b>Tiny Tots</b> <span style="float:right">Ages: 2 - 3 years with an adult in the water</span>						
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
<b>Preschool Safety Levels</b> <span style="float:right">Ages: 4 - 6 years old</span>						
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 5:00pm   6:00pm   6:30pm	9am   10:00a 5:00pm   5:30pm 6:00pm   6:30pm   7:00pm	9:00am   9:30am 4pm   4:30pm 5:00pm   5:30pm   6:00pm	9:00am   10:00am 5:00pm   5:30pm 6:00pm   6:30pm   7:00pm	10:00am 4:00pm   4:30pm 5:30pm   6:00pm	9:00am   9:30am 10:00am   10:30am 11:00am	9:30am   10:30am 11:30am
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 4:30pm   5:00pm   6:30pm	9:30am   4:00pm 4:30pm   5pm   6pm	10:00am   4:00pm 4:30pm   5:00pm   6:30pm	9:30am   4:00pm 4:30pm   5pm   6:30pm	9:30am   4pm 5:00pm   5:30pm	9:00am   10:00am 10:30am   11:00am	9:30am   10:00am 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 11:00am	10:00am   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
<b>Youth Safety Levels</b> <span style="float:right">Ages: 7 - 12 years old</span>						
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 6:00pm   6:30pm	4:00pm   4:30pm 5:00pm   5:30pm   6:00pm	4:00pm   4:30pm   5:00pm 6:00pm   6:30pm	4:00pm   4:30pm   5:00pm 5:30pm   6:00pm   6:30pm	4:00pm   4:30pm 5:30pm	9:00am   9:30am 10:00am   10:30am	9:30am   10:00am 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 6:00pm   6:30pm	4:00pm   4:30pm 5:00pm   6:30pm	4:00pm   4:30pm 5:00pm   6:00pm   6:30pm	4:00pm   4:30pm 5:00pm   5:30pm   6:00pm	4:00pm   4:30pm 5:00pm	9:00am   9:30am 10:00am   11:00am	9:30am   10:00am
Youth Safety 4	Youth Safety 4	Youth Safety 4	Youth Safety 4	Youth Safety 4	Youth Safety 4	Youth Safety 4
4:30pm   5:00pm 6:30pm	4:30pm   5:30pm 6:00pm   6:30pm	4:30pm   5:30pm 6:30pm	4:30pm   5:30pm 6:00pm   6:30pm	4:30pm   5:30pm 6:00pm	9:00am   9:30am 10:30am   11:00am	9:30am   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	5:30pm   6:00pm 6:30pm	4:30pm   5:00pm 6:00pm	5:00pm   5:30pm 6:00pm   7:00pm	5:30pm   6:00pm	9:00am   10:00am 10:30am   11:00am	9:30am   11:30am
<b>Stroke Development Levels</b> <span style="float:right">Ages: 4 - 12 years old</span>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stroke Development 6	Stroke Development 6	Stroke Development 6	Stroke Development 6	Stroke Development 6	Stroke Development 6	Stroke Development 6
5:00pm   5:30pm	5:00pm   6:00pm   7:00pm	4:30pm   6:00pm	5:00pm   6:00pm   7:00pm	5:00pm   6:00pm	9:30am   10:00am   10:30am	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	Stroke Development 9	Stroke Development 9	Stroke Development 9	Stroke Development 9	Stroke Development 9	Stroke Development 9
5:30pm	6:00pm   6:30pm	6:00pm	5:30pm   6:30pm	5:30pm	10:30am   11:00am	10:30am
<b>Teen Levels</b> <span style="float:right">Ages: 13-17 years old</span>						
Monday	Tuesday	Wednesday	Thursday	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	Teen Level 3	Teen Level 3
				5:00pm	11:00am	
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	
<b>Adult Levels</b> <span style="float:right">Ages: 18 + years old</span>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Level 1 *	Adult Level 1 *	Adult Level 1 *	Adult Level 1 *	Adult Level 1 *	Adult Level 1 *	Adult Level 1 *
8:00am   7:00pm   7:30pm		8:30am   7:00pm   7:30pm				11:00am
Adult Level 2	Adult Level 2	Adult Level 2	Adult Level 2	Adult Level 2	Adult Level 2	Adult Level 2
8:30am   7:30pm		8:00am   7:30pm				11:00am
Adult Level 3	Adult Level 3	Adult Level 3	Adult Level 3	Adult Level 3	Adult Level 3	Adult Level 3
	7:30pm		7:30pm			11:30am
Adult Level 4	Adult Level 4	Adult Level 4	Adult Level 4	Adult Level 4	Adult Level 4	Adult Level 4
	7:30pm		7:30pm			11:30am
<b>Pre-Competition Skills</b> <span style="float:right">Ages: 7-12 years old, and 13-18 years old</span>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Competition Skills 1	Competition Skills 1	Competition Skills 1	Competition Skills 1	Competition Skills 1	Competition Skills 1	Competition Skills 1
5:00pm		5:45pm				
Competition Skills 2	Competition Skills 2	Competition Skills 2	Competition Skills 2	Competition Skills 2	Competition Skills 2	Competition Skills 2
5:45pm		5:00pm				