



Colonial Heights September 2017 Swim Lesson Schedule

RED CROSS LEARN-TO-SWIM GROUP LESSONS

MONDAY-FRIDAY

September 18, 19, 20, 21, 22

This session will run for one week, meeting for a total of 5 times.

Time	Class Type
11:00AM-11:35AM	Preschool Level 1 & 2
11:40-12:25PM	Level 3 &4

SATURDAYS

September 2, 9, 16, 23, 30

This session will run on a FOUR (4) week basis, meeting ONCE (1) a week.

Time	Class Type
8:25AM-8:55AM	Parent/Child (6months-3yrs)
9:00AM-9:40AM	Preschool/ Level 1 (3-6 yrs)
9:45AM-10:25AM	LEVEL 1/2
10:30AM-11:10 AM	LEVEL 3/4

MONDAY*

September 5, 11, 18, 25

This session will run on a FOUR (4) week basis, meeting ONCE (1) a week.

*Tuesday will be the makeup class for Labor Day

Time	Class Type
12:00 – 12:45 PM	ADULT / TEEN BEGINNER

TUESDAY & THURSDAY

September 12, 14, 19, 21, 26, 28

This session will run on a THREE (3) week basis, meeting for a total of 6 times.

Time	Class Type
5:25 – 5:55 PM	LEVEL 1/2
6:00 – 6:30 PM	LEVEL 3/4

THURSDAY EVENINGS

September 7, 14, 21, 28

This session will run on a FOUR (4) week basis, meeting ONCE (1) a week.

Time	Class Type
7:15 – 8:00 PM	ADULT INTERMEDIATE

Member Price: \$50 Non-Member Price: \$75

Registration: Registration is now open and is completed at the Welcome Desk. Registration is first come, first served. Payment is required at the time of registration. Not finding a session that meets your busy schedule? Private lessons are also available; ask our staff at the Welcome Desk for details.

FLYING FISH SWIM CLUB

Want your kids to do swim team? Join our pre-swim team program, Swim Club! Sessions meet on Mondays and Wednesdays from 5:30pm-6:10pm, or Sundays at 3:00pm-4pm.

<http://amfamfit.com/swim-club/>

Please contact Edythe West (ewest@amfamfit.com) or call the Welcome Desk at 804-520-7000.



Colonial Heights
October 2017
Swim Lesson Schedule

RED CROSS LEARN-TO-SWIM GROUP LESSONS

MONDAY-FRIDAY

October 16, 17, 18, 19, 20

This session will run for one week, meeting for a total of 5 times.

Time	Class Type
11:00AM-11:35AM	Preschool Level 1 & 2
11:40-12:25PM	Level 3 &4

SATURDAYS

October 7, 14, 21, 28

This session will run on a FOUR (4) week basis, meeting ONCE (1) a week.

Time	Class Type
8:25AM-8:55AM	Parent/Child (6months-3yrs)
9:00AM-9:45AM	Preschool/ Level 1 (3-6 yrs)
9:50AM-10:35AM	LEVEL 1/2
10:40AM-11:25 AM	LEVEL 3/4

MONDAY

October 2, 9, 16, 23, 30

This session will run on a FOUR (4) week basis, meeting ONCE (1) a week.

*Tuesday will be the makeup class for Labor Day

Time	Class Type
12:00 – 12:45 PM	ADULT / TEEN BEGINNER

TUESDAY & THURSDAY

October 10, 12, 17, 19, 24, 26

This session will run on a THREE (3) week basis, meeting for a total of 6 times.

Time	Class Type
5:25 – 5:55 PM	LEVEL 1/2
6:00 – 6:30 PM	LEVEL 3/4

THURSDAY EVENINGS

October 5, 12, 19, 26

This session will run on a FOUR (4) week basis, meeting ONCE (1) a week.

Time	Class Type
7:15 – 8:00 PM	ADULT INTERMEDIATE

Member Price: \$50 Non-Member Price: \$75

Registration: Registration is now open and is completed at the Welcome Desk. Registration is first come, first served. Payment is required at the time of registration. Not finding a session that meets your busy schedule? Private lessons are also available; ask our staff at the Welcome Desk for details.

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