

Sunday	Tuesday	Wednesday	Saturday
8:25-8:55am Level 1E/2	9:15-9:45am Swim with Me	9:30-10am Swim with Me	8:25-8:55am Level 1E/2
9-9:30am Level 1D	9:50-10:20am Level 1A/B	10:05-10:35am Level 1A/B	9:05-9:35am Level 1D
9:35-10:05am Level 1C	10:25-10:55am Level 1C/D	10:40-11:10am Level 1C/D	9:40-10:10am Level 1C
10:10-10:40am Level 1B			10:15-10:45am Level 1B
10:45-11:15am Level 1A	6-6:30pm Level 1A/B	6-6:30pm Level 1E/2	10:50-11:20am Level 1A
	6:35-7:05pm Level 1C	6:35-7:05pm Level 1A/B	
	7:10-7:40pm Level 1D	7:10-7:40pm Level 1D	
	7:45-8:15pm Level 1E/2	7:45-8:15pm Level 1C	

**Classes may be cancelled or changed based on demand.**

Please contact [Tricia@RaynhamAthleticClub.com](mailto:Tricia@RaynhamAthleticClub.com) for current class availability.

Skills need to enter each level:	1A	1B	1C	1D	1E	2	Adults
Comfortable in water		✓	✓	✓	✓	✓	
Can enter/exit water independently		✓	✓	✓	✓	✓	
Can submerge entire head		✓	✓	✓	✓	✓	
Can blow bubbles through mouth and nose		✓	✓	✓	✓	✓	
Can bob up and down			✓	✓	✓	✓	
Can float with support			✓	✓	✓	✓	
Jumps into water independently			✓	✓	✓	✓	
Can float without support				✓	✓	✓	
Can swim under water				✓	✓	✓	
Can swim using arms and legs with support				✓	✓	✓	
Can pick up submerged objects					✓	✓	
Can swim using arms and legs without support					✓	✓	
Can tread water					✓	✓	
Uses proper freestyle arms when swimming						✓	
Uses proper backstroke arms when swimming						✓	

**Adult classes scheduled on availability and demand.**

We work in tandem with Crimson Aquatics. If a student wishes to continue to refine their stroke and become a stronger swimmer, they can advance into the Crimson program after completing Level 2.

**Cost:** \$80\* per month for 1 30-minute session per week on chosen day.

\*\$80 based on \$20 per class, rate will fluctuate with # of classes per month, automatic billing discounted

*We also offer private lessons scheduled at your convenience beginning at \$40 for a 30-minute session.*