

Lynnwood Swim School - Standard Lesson Offerings

Water Babies*							Ages: 6 months - 23 months with an adult in the water						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	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							
Tiny Tots*							Ages: 2 - 3 years with an adult in the water						
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	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*	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 1pm 2:00pm 4:00pm 4:30pm 5:00pm 6:00pm 6:30pm	9am 10:00am 1:30pm 2:00pm 5:00pm 5:30pm 6:00pm 6:30pm 7:00pm	9:00am 9:30am 10:00am 1pm 4pm 4:30pm 5:00pm 5:30pm 6:00pm	9:00am 10:00am 2:00pm 5:00pm 5:30pm 6:00pm 6:30pm 7:00pm	10:00am 1:00pm 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 1:30pm 4:00pm 4:30pm 5:00pm 6:30pm	9:30am 1:00pm 4pm 4:30pm 5pm 6pm	10:00am 1:30pm 4:00pm 4:30pm 5:00pm 6:30pm	9:30am 1:30pm 4:00pm 4:30pm 5:00pm 6:30pm	9:30am 1:30pm 4:00pm 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	2:00pm 4:00pm 5:00pm 5:30pm 6:30pm	9:30am 1:00pm 4:00pm 5:00pm 5:30pm 6:00pm	9:00am 2:00pm 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							
Youth Safety Levels							Ages: 7 - 12 years old						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	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*	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 5:30pm 5:00pm 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 6:00pm	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 6:00pm 5:30pm 7:00pm	5:00pm 6:00pm 5:30pm 6:00pm	9:00am 10:00am 10:30am 11:00am	9:30am 11:30am							
Stroke Development Levels							Ages: 4 - 12 years old						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	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	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							
Teen Levels							Ages: 13-17 years old						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	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*	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								
Adult Levels							Ages: 18+ years old						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	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*	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							
Pre-Competition Skills							45 minute class Ages: 7-12 years old, and 13-18 years old						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	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	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											

* Indicates beginner classes. These classes don't require a swim placement test for enrollment