		Lynnwood Swi	m School - Standard Lo	esson Offerings		
Water Babies*				Ages: 6 months - 23 months	with an adult in the water	
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* Monday	Tuesday	Wednesday	Thursday	Ages: 2 - 3 years with an adul 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 1pm 2:00pm 4:00pm 4:30pm	9am 10:00am 1:30pm 2:00pm 5:00pm 5:30pm	9:00am 9:30am 10:00am 1pm 4pm 4:30pm	9:00am 10:00am 2:00pm 5:00pm 5:30pm	10:00am 1:00pm 4:00pm 4:30pm	9:00am 9:30am 10:00am 10:30am	9:30am 10:30am 11:30am
5:00pm 6:00pm 6:30pm Preschool Safety 2	6:00pm 6:30pm 7:00pm	5:00pm 5:30pm 6:00pm	6:00pm 6:30pm 7:00pm	5:30pm 6:00pm	11:00am	Broschool Safaty 2
10:00am 1:30pm 4:00pm	Preschool Safety 2 9:30am 1:00pm	Preschool Safety 2 10:00am 1:30pm 4:00pm	Preschool Safety 2 9:30am 1:30pm 4:00pm	Preschool Safety 2 9:30am 1:30pm	Preschool Safety 2 9:00am 10:00am	Preschool Safety 2 9:30am 10:00am
4:30pm 5:00pm 6:30pm	4pm 4:30pm 5pm 6pm	4:30pm 5:00pm 6:30pm	4:30pm 5:00pm 6:30pm	4:00pm 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	9:30am 4:00pm	2:00pm 4:00pm	9:30am 1:00pm 4:00pm	9:00am 2:00pm	9:30am 10:30am	10:00am 10:30am
5:30pm 6:30pm	5:00pm 5:30pm 6:30pm	5:00pm 5:30pm 6:30pm	5:00pm 5:30pm 6:00pm	4:00pm 4:30pm 5:30pm	11:00am	11:30am
Preschool Safety 4 4:30pm 5:30pm	Preschool Safety 4 5:30pm 7:00pm	Preschool Safety 4 5:30pm 6:30pm	Preschool Safety 4 6:00pm 6:30pm	Preschool Safety 4 5:00pm	Preschool Safety 4 9:30am 10:00am	Preschool Safety 4 10:00am 11:00am
4.50pm 5.50pm	3.30pm 7.00pm	3.30pm 0.30pm	0.00рт 0.30рт	3.00рш	11:00am	10.000111 11.000111
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
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 5:30pm	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	5:00pm 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 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	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	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	5:30pm 6:00pm 6:30pm	4:30pm 5:00pm 6:00pm	5:00pm 6:00pm 5:30pm 7:00pm	5:30pm 6:00pm	9:00am 10:00am 10:30am 11:00am	9:30am 11:30am
Stroke Development Leve		[0.00рт	3.30pm 7.00pm	Agos: 4. 13 years old	10.30411 11.00411	<u>I</u>
Monday	Tuesday	Wednesday	Thursday	Ages: 4 - 12 years old 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 Stroke Development 8	5:00pm 6:00pm 7:00pm Stroke Development 8	5:30pm Stroke Development 8	5:00pm 6:00pm 7:00pm Stroke Development 8	6:00pm Stroke Development 8	9:30am 10:00am Stroke Development 8	11:00am 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
Teen Level 1 *	Teen Level 1 *	7:00pm	7:30pm	Teen Level 1 *	Teen Level 1 *	Teen Level 1 *
7:00pm	7:30pm					
leen level 2	·	·	·	6:00pm Teen Level 2	10:30am Teen Level 2	Teen Level 2
Teen Level 2 6:00pm	Teen Level 2 7:30pm	Teen Level 2 5:30pm	7.30pm Teen Level 2 7:30pm	6:00pm Teen Level 2 6:00pm	10:30am Teen Level 2 10:30am	Teen Level 2
	Teen Level 2	Teen Level 2	Teen Level 2	Teen Level 2	Teen Level 2	Teen Level 2 Teen Level 3
6:00pm Teen Level 3	Teen Level 2 7:30pm Teen Level 3	Teen Level 2 5:30pm Teen Level 3	Teen Level 2 7:30pm Teen Level 3	6:00pm Teen Level 3 5:00pm	Teen Level 2 10:30am Teen Level 3 11:00am	Teen Level 3
6:00pm	Teen Level 2 7:30pm	Teen Level 2 5:30pm	Teen Level 2 7:30pm	Teen Level 2 6:00pm Teen Level 3 5:00pm Teen Level 4	Teen Level 2 10:30am Teen Level 3 11:00am Teen Level 4	
6:00pm Teen Level 3 Teen Level 4	Teen Level 2 7:30pm Teen Level 3	Teen Level 2 5:30pm Teen Level 3	Teen Level 2 7:30pm Teen Level 3	Teen Level 2 6:00pm Teen Level 3 5:00pm Teen Level 4 5:00pm	Teen Level 2 10:30am Teen Level 3 11:00am	Teen Level 3
6:00pm Teen Level 3 Teen Level 4 Adult Levels	Teen Level 2 7:30pm Teen Level 3 Teen Level 4	Teen Level 2 5:30pm Teen Level 3 Teen Level 4	Teen Level 2 7:30pm Teen Level 3 Teen Level 4	Teen Level 2 6:00pm Teen Level 3 5:00pm Teen Level 4 5:00pm Ages: 18 + years old	Teen Level 2 10:30am Teen Level 3 11:00am Teen Level 4 11:00am	Teen Level 3 Teen Level 4
6:00pm Teen Level 3 Teen Level 4 Adult Levels Monday	Teen Level 2 7:30pm Teen Level 3	Teen Level 2 5:30pm Teen Level 3 Teen Level 4 Wednesday	Teen Level 2 7:30pm Teen Level 3 Teen Level 4 Thursday	Teen Level 2 6:00pm Teen Level 3 5:00pm Teen Level 4 5:00pm Ages: 18 + years old Friday	Teen Level 2 10:30am Teen Level 3 11:00am Teen Level 4	Teen Level 3 Teen Level 4 Sunday
6:00pm Teen Level 3 Teen Level 4 Adult Levels	Teen Level 2 7:30pm Teen Level 3 Teen Level 4 Tuesday	Teen Level 2 5:30pm Teen Level 3 Teen Level 4	Teen Level 2 7:30pm Teen Level 3 Teen Level 4	Teen Level 2 6:00pm Teen Level 3 5:00pm Teen Level 4 5:00pm Ages: 18 + years old	Teen Level 2 10:30am Teen Level 3 11:00am Teen Level 4 11:00am Saturday	Teen Level 3 Teen Level 4
6:00pm Teen Level 3 Teen Level 4 Adult Levels Monday Adult Level 1 *	Teen Level 2 7:30pm Teen Level 3 Teen Level 4 Tuesday	Teen Level 2 5:30pm Teen Level 3 Teen Level 4 Wednesday Adult Level 1*	Teen Level 2 7:30pm Teen Level 3 Teen Level 4 Thursday	Teen Level 2 6:00pm Teen Level 3 5:00pm Teen Level 4 5:00pm Ages: 18 + years old Friday	Teen Level 2 10:30am Teen Level 3 11:00am Teen Level 4 11:00am Saturday	Teen Level 3 Teen Level 4 Sunday Adult Level 1*
6:00pm Teen Level 3 Teen Level 4 Adult Levels Monday Adult Level 1 * 8:00am 7:30pm 7:30pm Adult Level 2 8:30am 7:30pm	Teen Level 2 7:30pm Teen Level 3 Teen Level 4 Tuesday Adult Level 1 *	Teen Level 2 5:30pm Teen Level 3 Teen Level 4 Wednesday Adult Level 1* 8:30am 7:30pm 7:30pm Adult Level 2 8:00am 7:30pm	Teen Level 2 7:30pm Teen Level 3 Teen Level 4 Thursday Adult Level 1*	Teen Level 2 6:00pm Teen Level 3 5:00pm Teen Level 4 5:00pm Ages: 18 + years old Friday Adult Level 1 *	Teen Level 2 10:30am Teen Level 3 11:00am Teen Level 4 11:00am Saturday Adult Level 1 *	Teen Level 3 Teen Level 4 Sunday Adult Level 1* 11:00am Adult Level 2 11:00am
6:00pm Teen Level 3 Teen Level 4 Adult Levels Monday Adult Level 1* 8:00am 7:30pm 7:30pm Adult Level 2	Teen Level 2 7:30pm Teen Level 3 Teen Level 4 Tuesday Adult Level 1* Adult Level 2 Adult Level 3	Teen Level 2 5:30pm Teen Level 3 Teen Level 4 Wednesday Adult Level 1* 8:30am 7:30pm 7:30pm Adult Level 2	Teen Level 2 7:30pm Teen Level 3 Teen Level 4 Thursday Adult Level 1* Adult Level 2 Adult Level 3	Teen Level 2 6:00pm Teen Level 3 5:00pm Teen Level 4 5:00pm Ages: 18 + years old Friday Adult Level 1*	Teen Level 2 10:30am Teen Level 3 11:00am Teen Level 4 11:00am Saturday Adult Level 1*	Teen Level 3 Teen Level 4 Sunday Adult Level 1 * 11:00am Adult Level 2 11:00am Adult Level 3
6:00pm Teen Level 3 Teen Level 4 Adult Levels Monday Adult Level 1 * 8:00am 7:00pm 7:30pm Adult Level 2 8:30am 7:30pm Adult Level 3	Teen Level 2 7:30pm Teen Level 3 Teen Level 4 Tuesday Adult Level 1 * Adult Level 2 Adult Level 3 7:30pm	Teen Level 2 5:30pm Teen Level 3 Teen Level 4 Wednesday Adult Level 1 * 8:30am 7:00pm 7:30pm Adult Level 2 8:00am 7:30pm Adult Level 3	Teen Level 2 7:30pm Teen Level 3 Teen Level 4 Thursday Adult Level 1* Adult Level 2 Adult Level 3 7:30pm	Teen Level 2 6:00pm Teen Level 3 5:00pm Teen Level 4 5:00pm Ages: 18 + years old Friday Adult Level 1* Adult Level 2	Teen Level 2 10:30am Teen Level 3 11:00am Teen Level 4 11:00am Saturday Adult Level 1* Adult Level 2	Teen Level 3 Teen Level 4 Sunday Adult Level 1* 11:00am Adult Level 2 11:00am Adult Level 3 11:30am
6:00pm Teen Level 3 Teen Level 4 Adult Levels Monday Adult Level 1 * 8:00am 7:30pm 7:30pm Adult Level 2 8:30am 7:30pm	Teen Level 2 7:30pm Teen Level 3 Teen Level 4 Tuesday Adult Level 1* Adult Level 2 Adult Level 3	Teen Level 2 5:30pm Teen Level 3 Teen Level 4 Wednesday Adult Level 1* 8:30am 7:30pm 7:30pm Adult Level 2 8:00am 7:30pm	Teen Level 2 7:30pm Teen Level 3 Teen Level 4 Thursday Adult Level 1* Adult Level 2 Adult Level 3	Teen Level 2 6:00pm Teen Level 3 5:00pm Teen Level 4 5:00pm Ages: 18 + years old Friday Adult Level 1 *	Teen Level 2 10:30am Teen Level 3 11:00am Teen Level 4 11:00am Saturday Adult Level 1 *	Teen Level 3 Teen Level 4 Sunday Adult Level 1 * 11:00am Adult Level 2 11:00am Adult Level 3
6:00pm Teen Level 3 Teen Level 4 Adult Levels Monday Adult Level 1 * 8:00am 7:00pm 7:30pm Adult Level 2 8:30am 7:30pm Adult Level 3	Teen Level 2 7:30pm Teen Level 3 Teen Level 4 Tuesday Adult Level 1 * Adult Level 2 Adult Level 3 7:30pm Adult Level 4	Teen Level 2 5:30pm Teen Level 3 Teen Level 4 Wednesday Adult Level 1 * 8:30am 7:00pm 7:30pm Adult Level 2 8:00am 7:30pm Adult Level 3	Teen Level 2 7:30pm Teen Level 3 Teen Level 4 Thursday Adult Level 1 * Adult Level 2 Adult Level 3 7:30pm Adult Level 4	Teen Level 2 6:00pm Teen Level 3 5:00pm Teen Level 4 5:00pm Ages: 18 + years old Friday Adult Level 1* Adult Level 2 Adult Level 3	Teen Level 2 10:30am Teen Level 3 11:00am Teen Level 4 11:00am Saturday Adult Level 1* Adult Level 2 Adult Level 3	Teen Level 3 Teen Level 4 Sunday Adult Level 1* 11:00am Adult Level 2 11:00am Adult Level 3 11:30am Adult Level 4
6:00pm Teen Level 3 Teen Level 4 Adult Levels Monday Adult Level 1 * 8:00am 7:00pm 7:30pm Adult Level 2 8:30am 7:30pm Adult Level 3 Adult Level 4	Teen Level 2 7:30pm Teen Level 3 Teen Level 4 Tuesday Adult Level 1* Adult Level 2 Adult Level 3 7:30pm Adult Level 4 7:30pm	Teen Level 2 5:30pm Teen Level 3 Teen Level 4 Wednesday Adult Level 1 * 8:30am 7:00pm 7:30pm Adult Level 2 8:00am 7:30pm Adult Level 3	Teen Level 2 7:30pm Teen Level 3 Teen Level 4 Thursday Adult Level 1 * Adult Level 2 Adult Level 3 7:30pm Adult Level 4	Teen Level 2 6:00pm Teen Level 3 5:00pm Teen Level 4 5:00pm Ages: 18 + years old Friday Adult Level 1* Adult Level 2	Teen Level 2 10:30am Teen Level 3 11:00am Teen Level 4 11:00am Saturday Adult Level 1* Adult Level 2 Adult Level 3	Teen Level 3 Teen Level 4 Sunday Adult Level 1 * 11:00am Adult Level 2 11:00am Adult Level 3 11:30am Adult Level 4
6:00pm Teen Level 3 Teen Level 4 Adult Levels Monday Adult Level 1 * 8:00am 7:00pm 7:30pm Adult Level 2 8:30am 7:30pm Adult Level 3 Adult Level 4	Teen Level 2 7:30pm Teen Level 3 Teen Level 4 Tuesday Adult Level 1* Adult Level 2 Adult Level 3 7:30pm Adult Level 4 7:30pm 45 minute class	Teen Level 2 5:30pm Teen Level 3 Teen Level 4 Wednesday Adult Level 1* 8:30am 7:00pm 7:30pm Adult Level 3 Adult Level 3 Adult Level 4	Teen Level 2 7:30pm Teen Level 3 Teen Level 4 Thursday Adult Level 1* Adult Level 2 Adult Level 3 7:30pm Adult Level 4 7:30pm	Teen Level 2 6:00pm Teen Level 3 5:00pm Teen Level 4 5:00pm Ages: 18 + years old Friday Adult Level 1* Adult Level 3 Adult Level 4 Ages: 7-12 years old, and 13-	Teen Level 2 10:30am Teen Level 3 11:00am Teen Level 4 11:00am Saturday Adult Level 1* Adult Level 2 Adult Level 3 Adult Level 4	Teen Level 3 Teen Level 4 Sunday Adult Level 1 * 11:00am Adult Level 2 11:00am Adult Level 3 11:30am Adult Level 4 11:30am
6:00pm Teen Level 3 Teen Level 4 Adult Levels 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 5:00pm	Teen Level 2 7:30pm Teen Level 3 Teen Level 4 Tuesday Adult Level 1 * Adult Level 2 Adult Level 3 7:30pm Adult Level 4 7:30pm 45 minute class Tuesday Competition Skills 1	Teen Level 2 5:30pm Teen Level 3 Teen Level 4 Wednesday Adult Level 1 * 8:30am 7:30pm Adult Level 2 8:00am 7:30pm Adult Level 4 Wednesday Competition Skills 1 5:45pm	Teen Level 2 7:30pm Teen Level 3 Teen Level 4 Thursday Adult Level 1 * Adult Level 2 Adult Level 3 7:30pm Adult Level 4 7:30pm Thursday Competition Skills 1	Teen Level 2 6:00pm Teen Level 3 5:00pm Teen Level 4 5:00pm Ages: 18 + years old Friday Adult Level 1 * Adult Level 3 Adult Level 4 Ages: 7-12 years old, and 13- Friday Competition Skills 1	Teen Level 2 10:30am Teen Level 3 11:00am Teen Level 4 11:00am Saturday Adult Level 1 * Adult Level 3 Adult Level 4 18 years old Saturday Competition Skills 1	Teen Level 3 Teen Level 4 Sunday Adult Level 1 * 11:00am Adult Level 2 11:00am Adult Level 3 11:30am Adult Level 4 11:30am Sunday Competition Skills 1
6:00pm Teen Level 3 Teen Level 4 Adult Levels Monday Adult Level 1 * 8:00am 7:30pm 7:30pm Adult Level 2 8:30am 7:30pm Adult Level 3 Adult Level 4 Pre-Competition Skills Monday Competition Skills 1	Teen Level 2 7:30pm Teen Level 3 Teen Level 4 Tuesday Adult Level 1 * Adult Level 2 Adult Level 3 7:30pm Adult Level 4 7:30pm 45 minute class Tuesday	Teen Level 2 5:30pm Teen Level 3 Teen Level 4 Wednesday Adult Level 1 * 8:30am 7:30pm Adult Level 2 8:00am 7:30pm Adult Level 3 Adult Level 4	Teen Level 2 7:30pm Teen Level 3 Teen Level 4 Thursday Adult Level 1 * Adult Level 2 Adult Level 3 7:30pm Adult Level 4 7:30pm Thursday	Teen Level 2 6:00pm Teen Level 3 5:00pm Teen Level 4 5:00pm Ages: 18 + years old Friday Adult Level 1 * Adult Level 2 Adult Level 3 Adult Level 4 Ages: 7-12 years old, and 13-Friday	Teen Level 2 10:30am Teen Level 3 11:00am Teen Level 4 11:00am Saturday Adult Level 1 * Adult Level 2 Adult Level 3 Adult Level 4 18 years old Saturday	Teen Level 3 Teen Level 4 Sunday Adult Level 1 * 11:00am Adult Level 2 11:00am Adult Level 3 11:30am Adult Level 4 11:30am Sunday