

Fall 1 2026 - SWIM LESSON SCHEDULE
SIX WEEK SESSION; ONE CLASS A WEEK
Begins Tuesday, Sept 8, 2026

**Fall into Fitness! Learn
to swim now!**



Monday 9/14-10/19	Tuesday 9/8-10/13	Wednesday 9/9-10/14	Thursday 9/10-10/15	Friday	Saturday 9/12-10/17	Sunday 9/13-10/18
10:20-10:50am Parent/Ch/Guppy Family Pool Sharon 10:55-11:25am Preschool Splash Zone Sharon 4:30-5:15pm Intermediate Lap Pool Lane 8 Amy 6:10-6:40 Beginner Slide Pool Amy 6:30-7:30pm Rising Rays Lap Pool Lane 8 Aimee	9:45-10:15 am Parent/Ch/Guppy Family Pool Deb 10:20-10:50am Preschool Splash Zone Deb 6:45-7:15pm Adult Beginner Family Pool Deb 7:20-7:50pm Adult Fitness & Triathlon Train Lap Pool Lane 8 Deb	4:30-5:00pm Minnow Slide Pool Tori 4:30-5:15pm Adv Beg Family Pool Hannah 5:05-5:35pm Starfish Splash Zone Tori 5:20-6:05pm Intermediate Lap Pool Lane 8 Hannah 5:40-6:10pm Dolphin Slide Pool Tori 6:10-6:40pm Beginner Slide Pool Hannah 6:30-7:30pm Rising Rays Lap Pool Lane 8 Aimee	9:00-9:45am NEW! Splish-Splash Play Splash Zone Deb 10:20-10:50am Parent/Ch/Guppy Family Pool Sharon 10:55-11:25am Preschool Splash Zone Sharon 4:30-5:00pm Starfish Splash Zone Amy 5:05-5:35pm Minnow Slide Pool Amy 5:40-6:25p Adv Beginner Family Pool Amy		9:00-9:30am Parent/Child/Gup Family Pool Aimee 9:05-9:35am Starfish Splash Zone Abby 9:15-10:00am Intermediate Lap Pool Lane 1 Addison 9:35-10:05am Parent/Child/Gup Family Pool Aimee 9:40-10:10am Minnow Slide Pool Abby 10:05-10:50am Adv Beginner Family Pool Addison 10:10-10:40am Parent/Child/Gup Family Pool Aimee 10:15-10:45am Dolphin Slide Pool Abby 10:45-11:15am Parent/Ch/Gup Family Pool Aimee 10:55-11:40am Pre-Team Lap Pool Lane 1 Addison	9:00-9:45am Adv Beginner Family Pool Abby 9:30-10:00am Parent/Ch/Guppy Family Pool Deb 9:50-10:20am Beginner Slide Pool Abby 10:05-10:35am Parent/Ch/Guppy Family Pool Deb 10:25-11:10a Intermediate Lap Pool Lane 1 Abby
Adult, Parent/Child/Guppy, PreSchool & Beg 30 min Member Price \$128 Non-Member Price \$151 School Age Adv Beg, Intermed & Pre-Team 45 min Member Price \$163 Non-Member Price \$186						



**SCAN ME
TO REGISTER!**

Questions regarding swim lessons please contact Aimee Hazard at aimee.hazard@theworkoutclub.com

We do not offer make-ups unless The Workout Club Cancels. No refunds are given for classes.