



Southwest Water Fitness January Swimming Lessons



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8
10	11	12	13	14	15
17 Swimming Lessons: 3-Week session begins Mondays/Wed. All Levels 5:30PM-7:15PM	18	19 Swimming Lessons 5:30PM-7:15PM	20 Preschool Session Begins- 6 weeks Preschool Lessons 09:30-10:00 Preschool Lessons 2:00-2:30	21	22 Swimming Lessons: Saturday Session Begins 6-Weeks All Levels 10:00AM-12:00PM
24 Swimming Lessons 5:30PM-7:15PM	25	26 Swimming Lessons 5:30PM-7:15PM	27 Preschool Lessons 09:30-10:00 Preschool Lessons 2:00-2:30	28	29 Swimming Lessons 10:00AM-12:00PM

31 Swimming Lessons 5:30PM-7:15PM	1	2 Swimming Lessons 5:30PM-7:30PM Last Day of session			
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Southwest Water Fitness

February Swimming Lessons



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>Stroke Refinement and condition February session begins</p> <p>6:00pm-7:00pm (2 Lanes)</p>	<p>2</p> <p>Swimming Lessons 5:30PM-7:30PM Last Day of session</p>	<p>3</p> <p>Preschool Lessons 09:30-10:00 Preschool Lessons 2:00-2:30</p> <p>Stroke Refinement and Conditioning 6:00pm-7:00pm(2 Lanes)</p>	<p>4</p> <p>Stroke Refinement and Conditioning</p> <p>6:00PM-7:00pm (2 Lanes)</p>	<p>5</p> <p>Swimming Lessons 10:00AM-12:00PM</p>
<p>7</p> <p>Swimming Lessons: 3-Week session begins Mondays/Wed. All Levels 5:30PM-7:15PM</p>	<p>8</p> <p>Stroke Refinement and Conditioning</p> <p>6:00pm-7:00pm (2 Lanes)</p>	<p>9</p> <p>Swimming Lessons 5:30PM-7:15PM</p>	<p>10</p> <p>Preschool Lessons 09:30-10:00 Preschool Lessons 2:00-2:30</p> <p>Stroke Refinement and Conditioning 6:00pm-7:00pm(2 Lanes)</p>	<p>11</p> <p>Stroke Refinement and Conditioning</p> <p>6:00pm-7:00pm (2 Lanes)</p>	<p>12</p> <p>Swimming Lessons 10:00AM-12:00PM</p>
<p>14</p> <p>Swimming Lessons 5:30PM-7:15PM</p>	<p>15</p> <p>Stroke Refinement and Conditioning</p> <p>6:00pm-7:00pm (2 Lanes)</p>	<p>16</p> <p>Swimming Lessons 5:30PM-7:15PM</p>	<p>17</p> <p>Preschool Lessons 09:30-10:00 Preschool Lessons 2:00-2:30</p> <p>Stroke Refinement and Conditioning 6:00pm-7:00pm(2 Lanes)</p>	<p>18</p> <p>Stroke Refinement and Conditioning</p> <p>6:00pm-7:00pm (2 Lanes)</p>	<p>19</p> <p>Swimming Lessons 10:00AM-12:00PM</p>
<p>21</p> <p>Swimming Lessons 5:30PM-7:15PM</p>	<p>22</p> <p>Stroke Refinement and Conditioning</p> <p>6:00pm-7:00pm (2 Lanes)</p>	<p>23</p> <p>Swimming Lessons 5:30PM-7:30PM Last Day of session</p>	<p>24</p> <p>Preschool Lessons 09:30-10:00 Preschool Lessons 2:00-2:30</p> <p>Stroke Refinement and</p>	<p>25</p> <p>Stroke Refinement and Conditioning</p> <p>6:00pm-7:00pm (2 Lanes)</p>	<p>26</p> <p>Swimming Lessons 10:00AM-12:00PM Last Day of Session</p>

			Conditioning 6:00pm-7:00pm(2 Lanes)		
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Southwest Water Fitness

March Swimming Lessons



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Stroke Refinement and conditioning March session begins 6:00pm-7:00pm (2 Lanes)	2	3 Stroke refinement and conditioning 6:00PM-7:00pm (2 Lanes)	4 Stroke Refinement and Conditioning 6:00PM-7:00pm (2 Lanes)	5
7 Swimming Lessons: 3-Week session begins Mondays/Wed. All Levels 5:30PM-7:15PM	8 Stroke Refinement and Conditioning 6:00PM-7:00pm (2 Lanes)	9 Swimming Lessons 5:30PM-7:15PM	10 Preschool Swim Begins- 6 Weeks Preschool Lessons 09:30-10:00 Preschool Lessons 2:00-2:30 Stroke Refinement and Conditioning 6:00pm-7:00pm(2 Lanes)	11 Stroke Refinement and Conditioning 6:00PM-7:00pm (2 Lanes)	12 Swimming Lessons: Saturday Session Begins 6-Weeks All Levels 10:00AM-12:00PM
14 Swimming Lessons 5:30PM-7:15PM	15 Stroke Refinement and Conditioning 6:00PM-7:00pm (2 Lanes)	16 Swimming Lessons 5:30PM-7:15PM	17 Preschool Lessons 09:30-10:00 Preschool Lessons 2:00-2:30 Stroke Refinement and Conditioning 6:00pm-7:00pm(2 Lanes)	18 Stroke Refinement and Conditioning 6:00PM-7:00pm (2 Lanes)	19 Swimming Lessons 10:00AM-12:00PM
21 Swimming Lessons 5:30PM-7:15PM	22 Stroke Refinement and Conditioning 6:00PM-7:00pm (2 Lanes)	23 Swimming Lessons 5:30PM-7:15PM	24 Preschool Lessons 09:30-10:00 Preschool Lessons 2:00-2:30 Stroke Refinement and Conditioning 6:00pm-7:00pm(2 Lanes)	25 Stroke Refinement and Conditioning 6:00PM-7:00pm (2 Lanes)	26 Swimming Lessons 10:00AM-12:00PM

28	29	30	31 Preschool Lessons 09:30-10:00 Preschool Lessons 2:00-2:30 Stroke Refinement and Conditioning 6:00pm-7:00pm(2 Lanes)		
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Southwest Water Fitness

April Swimming Lessons



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Swimming Lessons 10:00AM-12:00PM
4	5	6	7 Preschool Lessons 09:30-10:00 Preschool Lessons 2:00-2:30	8	9 Swimming Lessons 10:00AM-12:00PM
11	12	13	14 Preschool Lessons 09:30-10:00 Preschool Lessons 2:00-2:30	15	16 Swimming Lessons 10:00AM-12:00PM Last Day of Session
18	19	20	21	22	23
25	26	27	28	29	30