YMCA - YWCA

We build strong kids,
strong families, strong communities.

YMCA-YWCA of Winnipeg
South Branch
2010-2011 Swimming Lessons

Program	Age	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Parented L'il Dippers	0-3	**11:15-11:45** 5:45 - 6:15		**11:15 - 11:45** 5:45 - 6:15	5:45 - 6:15			
L'il Dippers	3-5	**10:00- 10:30** **10:30- 11:00** 4:30 - 5:00 5:00 - 5:30 5:45 - 6:15 6:15 - 6:45 6:45 - 7:15	4:30 - 5:00 5:00 - 5:30 5:45 - 6:15 6:15 - 6:45 6:45 - 7:15	**10:00 - 10:30** **10:30 - 11:00** 4:30 - 5:00 5:00 - 5:30 5:45 - 6:15 6:15 - 6:45 6:45 - 7:15	**11:30 – 12:00** 4:30 - 5:00 5:00 - 5:30 5:45 - 615 6:15 - 6:45 6:45 - 7:15	4:30 - 5:00 5:00 - 5:30 5:30 - 6:00	**8:30 - 9:00** **9:00 - 9:30** **9:30 - 10:00** **10:15 - 10:45** **10:45 - 11:15** **11:15 - 11:45**	**11:15 - 11:45** **11:45** - 12:15 12:30 - 1:00 1:00 - 1:30 1:30 - 2:00
Learn to Swim/Star 1-3	5-12	4:30 - 5:00 5:00 - 5:30 5:45 - 6:15 6:15 - 6:45 6:45 - 7:15	4:30 - 5:00 5:00 - 5:30 5:45 - 6:15 6:15 - 6:45 6:45 - 7:15	4:30 - 5:00 5:00 - 5:30 6:15 - 6:45	**11:00 – 11:30** 4:30 - 5:00 5:00 - 5:30 5:45 - 6:15 6:15 - 6:45 6:45 - 7:15	4:30 - 5:00 5:00 - 5:30 5:30 - 6:00	**8:30 - 9:00** **9:00 - 9:30** **9:30 - 10:00** **10:15 - 10:45** **10:45 - 11:15** **11:15 - 11:45**	**11:15 - 11:45** **11:45** - 12:15 12:30 - 1:00 1:00 - 1:30 1:30 - 2:00
Star 4-6	5-12	5:30 - 6:15	6:30 - 7:15	5:30 - 6:15 6:45 – 7:30	6:30 - 7:15		**9:30 - 10:15**	12:15 - 1:00
Teen	13+			5:30 - 6:15				
Teen/Adult	13+	8:15 - 9:00	8:15 - 9:00		8:15 - 9:00			
Adaptive				6:45 - 7:30				