



Powell Wellness Center

Group Swim Lessons

Summer 2018: Jun - Aug

Pick a Session *Choose a session of lessons.*

Pick a Class *Choose a day/time for the appropriate level that will work for you. Check out our class descriptions to help with proper placement.*

Enroll *Take completed registration form to a front desk receptionist to enroll in the class.*

Pricing

	Members	Non-Members
Parent & Child Preschool Levels	\$68	\$78
LTS Levels Adult Lessons	\$80	\$90

Registration Dates

	Session 1	Session 2	Session 3	Session 4
Opens	April 30	April 30	April 30	April 30
Closes	June 7	July 5	July 5	August 2

Class Schedule

	Session 1	Session 2	Session 3	Session 4
Mon/Wed	Jun 11 - 27	Jul 9 - 25		Aug 6 - 22
Tue/Thu	Jun 12 - 28	Jul 10 - 26		Aug 7 - 23
Tuesday			Jul 10 - Aug 14	
Friday			Jul 13 - Aug 17	
Saturday			Jul 14 - Aug 18	
Sunday			Jul 15 - Aug 19	

For general questions contact: Front Desk at 540.829.4741

For placement questions contact: Danette Askew at 540.829.4757 or daskew@culpeperwellness.org

Class offerings with day, time & instructor on back!

Parent & Child

Ages: 6m-3yrs / Class Length: 30 Min

PAC				
Day	Time	Instructor	CSI Code	Session
Mon/Wed	4:15p - 4:45p	Debbie	MWPAC	1, 2, 4
Tue/Thu	9:00a - 9:30a	Peggy	TRPAC	1, 2, 4
Tuesday	6:10p - 6:40p		TPAC	3
Friday	4:40p - 5:10p		FPAC	3
Saturday	8:25a - 8:55a	Stacey	SPAC	3

Preschool Aquatics

Ages: 3yrs-5yrs / Class Length: 30 Min

PSA Level 1				
Day	Time	Instructor	CSI Code	Session
Mon/Wed	4:45p - 5:15p	Stacey	MWPSA1	1, 2, 4
Tue/Thu	12:10p - 12:40p	Stacey	TRPSA1	1, 2, 4
Tuesday	5:35p - 6:05p		TPSA1	3
Friday	5:15p - 5:45p		FPSA1	3
Saturday	9:00a - 9:30a	Stacey	SPSA1	3
Sunday	2:00p - 2:30p		NPSA1	3

PSA Level 2				
Day	Time	Instructor	CSI Code	Session
Mon/Wed	6:10p - 6:40p	Debbie	MWPSA2	1, 2, 4
Tue/Thu	11:35a - 12:05a	Stacey	TRPSA2	1, 2, 4
Tuesday	4:15p - 4:45p		TPSA2	3
Friday	7:10p - 7:40p		FPSA2	3
Saturday	10:55a - 11:25a	Stacey	SPSA2	3
Sunday	12:40p - 1:10p		NPSA2	3

PSA Level 3				
Day	Time	Instructor	CSI Code	Session
Mon/Wed	5:35p - 6:05p	Debbie	MWPSA3	1, 2, 4
Tue/Thu	11:00a - 11:30a	Stacey	TRPSA3	1, 2, 4
Tuesday	4:45p - 5:15p		TPSA3	3
Friday	6:35p - 7:05p		FPSA3	3
Saturday	10:20a - 10:50a	Stacey	SPSA3	3
Sunday	1:15p - 1:45p		NPSA3	3

Learn to Swim

Ages: 6yrs-13yrs / Class Length: 40 Min

LTS Level 1				
Day	Time	Instructor	CSI Code	Session
Mon/Wed	4:50p - 5:30p	Debbie	MWLTS1	1, 2, 4
Tue/Thu	9:35a - 10:15a	Peggy	TRLTS1	1, 2
Tuesday	5:20p - 6:00p	Stacey	TLTS1	3
Friday	5:50p - 6:30p		FLTS1	3
Saturday	9:35a - 10:15a	Stacey	SLTS1	3
Sunday	1:50p - 2:30p		NLTS1	3

LTS Level 2				
Day	Time	Instructor	CSI Code	Session
Mon/Wed	5:20p - 6:00p	Stacey	MWLTS2	1, 2, 4
Tue/Thu	10:20a - 11:00a	Peggy	TRLTS2	1, 2
Tuesday	4:50p - 5:30p		TLTS2	3
Friday	6:00p - 6:40p	Kat	FLTS2	3
Saturday	11:30a - 12:10p	Stacey	SLTS2	3
Sunday	1:15p - 1:55p		NLTS2	3

LTS Level 3				
Day	Time	Instructor	CSI Code	Session
Mon/Wed	4:00p - 4:40p	Stacey	MWLTS3	1, 2, 4
Tue/Thu	11:10a - 11:50a	Peggy	TRLTS3	1, 2
Tuesday	6:50p - 7:30p		TLTS3	3
Friday	5:15p - 5:35p	Kat	FLTS3	3
Saturday	9:45a - 10:25a		SLTS3	3
Sunday	12:30p - 1:10p		NLTS3	3

LTS Level 4				
Day	Time	Instructor	CSI Code	Session
Mon/Wed	6:50p - 7:30p	Debbie	MWLTS4	1, 2, 4
Tue/Thu	11:55a - 12:35p	Peggy	TRLTS4	1, 2
Tuesday	4:00p - 4:40p	Stacey	TLTS4	3
Friday	4:30p - 5:10p	Kat	FLTS4	3
Saturday	9:00a - 9:40a		SLTS4	3

All Session 1, 2, & 4 classes are held
TWICE a week for 3 weeks.

All Session 3 classes are held
ONCE a week for 6 weeks.