



Powell Wellness Center

Group Swim Lessons

Fall/Winter: Sep 2018 - Feb 2019

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
Opens	July 30	July 30	July 30
Closes	Sep 6	Oct 25	Jan 3

Class Schedule

	Session 1	* Session 2	Session 3
Monday	Sep 10 - Oct 15	Oct 29 - Dec 10	Jan 7 - Feb 11
Tuesday	Sep 11 - Oct 16	Oct 30 - Dec 11	Jan 8 - Feb 12
Wednesday	Sep 12 - Oct 17	Oct 31 - Dec 12	Jan 9 - Feb 13
Saturday	Sep 15 - Oct 20	Nov 3 - Dec 15	Jan 12 - Feb 16

* Session 2: There will be no classes held the week of November 19 - 24 in observance of Thanksgiving

For general questions contact: Front Desk at 540.445.5406

For placement questions contact: Stacey Aucoin at 540.445.5383 or saucoin@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
Monday	5:00p - 5:30p	Debbie	MPAC	1, 2, 3
Tuesday	10:00a - 10:30a	Peggy	TPAC1	1, 2, 3
Tuesday	4:35p - 5:05p	DeOnna	TPAC2	1, 2, 3
Wednesday	11:45a - 12:15p	Peggy	WPAC1	1, 2, 3
Wednesday	5:00p - 5:30p	Kaori	WPAC2	1, 2, 3
Saturday	10:25a - 10:55a	Kaori	SPAC	1, 2, 3

Preschool Aquatics

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

PSA Level 1				
Day	Time	Instructor	CSI Code	Session
Monday	5:35p - 6:05p	Debbie	MPSA1	1, 2, 3
Tuesday	10:35a - 11:05	Peggy	TPSA11	1, 2, 3
Tuesday	5:10 - 5:40p	DeOnna	TPSA12	1, 2, 3
Wednesday	11:10a - 11:40a	Peggy	WPSA11	1, 2, 3
Wednesday	5:35p - 6:05p	Kaori	WPSA12	1, 2, 3
Saturday	11:00a - 11:30a	Kaori	SPSA1	1, 2, 3

PSA Level 2				
Day	Time	Instructor	CSI Code	Session
Monday	6:10p - 6:40p	Debbie	MPSA2	1, 2, 3
Tuesday	11:10a - 11:40a	Peggy	TPSA21	1, 2, 3
Tuesday	5:45p - 6:15p	DeOnna	TPSA22	1, 2, 3
Wednesday	10:35a- 11:05a	Peggy	WPSA21	1, 2, 3
Wednesday	5:25p - 5:55p	Debbie	WPSA22	1, 2, 3
Saturday	11:35a-12:05p	Kaori	SPSA2	1, 2, 3

PSA Level 3				
Day	Time	Instructor	CSI Code	Session
Monday	5:00p - 5:30p	Spencer	MPSA3	1, 2, 3
Tuesday	11:45a - 12:15p	Peggy	TPSA31	1, 2, 3
Tuesday	6:00p - 6:30p	TBD	TPSA32	1, 2, 3
Wednesday	10:00a - 10:30a	Peggy	WPSA31	1, 2, 3
Wednesday	6:10p - 6:40p	Kaori	WPSA32	1, 2, 3
Saturday	9:00a - 9:30a	Spencer	SPSA3	1, 2, 3

Learn to Swim

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

LTS Level 1				
Day	Time	Instructor	CSI Code	Session
Monday	5:35p - 6:15p	Spencer	MLTS1	1, 2, 3
Tuesday	4:30p - 5:10p	TBD	TLTS1	1, 2, 3
Wednesday	6:45p - 7:25p	Debbie	WLTS1	1, 2, 3
Saturday	12:10p - 12:50p	Kaori	SLTS1	1, 2, 3

LTS Level 2				
Day	Time	Instructor	CSI Code	Session
Monday	6:20p - 7:00p	Spencer	MLTS2	1, 2, 3
Tuesday	5:15p - 5:55p	TBD	TLTS2	1, 2, 3
Wednesday	6:00p - 6:40p	Debbie	WLTS2	1, 2, 3
Saturday	9:35a - 10:15p	Spencer	SLTS2	1, 2, 3

LTS Level 3				
Day	Time	Instructor	CSI Code	Session
Monday	7:10p - 7:50p	Spencer	MLTS3	1, 2, 3
Wednesday	4:40p - 5:20p	Debbie	WLTS3	1, 2, 3
Saturday	10:25a - 11:05a	Spencer	SLTS3	1, 2, 3

LTS Level 4				
Day	Time	Instructor	CSI Code	Session
Tuesday	6:20p - 7:00p	DeOnna	TLTS4	1, 2, 3
Wednesday	6:45p - 7:25p	Kaori	WLTS4	1, 2, 3
Saturday	11:10a - 11:50a	Spencer	SLTS4	1, 2, 3

Adult Swim

Ages: 14yrs & up / Class Length: 40 Min

ASL - Learning the Basics				
Day	Time	Instructor	CSI Code	Session
Tuesday	12:20p - 1:00p	Peggy	TASLB	1, 2, 3

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