

# Jump Start into Summer Swim Lessons!

## WEEKDAYS: July 5<sup>th</sup>-15<sup>th</sup>

(2x/week for 2 weeks or 1x/week for 4 weeks)

### INFANT & TODDLER (3 months-3 years)

Tuesdays & Thursdays 9:30am

### PRE-SCHOOL (3-4 years)

Mondays & Wednesdays 10:00am

Tuesdays & Thursdays 10:30am

Tuesdays & Thursdays 4:00pm

### PRE-SCHOOL PLUS (3-4 years)

Mondays & Wednesdays 10:30am

Tuesdays & Thursdays 10:00am

Tuesdays & Thursdays 4:30pm

### LEVEL I (5 + years)

Mondays & Wednesdays 11:00am

### LEVEL II (5 + years)

Mondays & Wednesdays 11:30am

## SATURDAYS: July 10<sup>th</sup>-31<sup>st</sup>

(1x/week for 4 weeks)

**INFANT & TODDLER** 9:00am

**PRE-SCHOOL** 9:30 & 10:30am

**PRE-SCHOOL PLUS** 10:00am

**LEVEL I** 11:00am

**LEVEL II** 11:30am



### Additional Programs of Interest:

- Private and semiprivate children's lessons
- Adult lessons/aquatic training
- Prenatal exercise

For more information, please contact Sarina Simms at 410.308.9021 or [ssimms@macwellness.com](mailto:ssimms@macwellness.com).

**MAC**  
Achieve Wellness<sup>SM</sup>