



YMCA - YWCA

We build strong kids,  
strong families, strong communities.

**YMCA-YWCA of Winnipeg**

**West Portage Branch**

**2010 - 2011 Swimming Lessons**

| <b>Program</b>           | <b>Age</b> | <b>Monday</b>   | <b>Tuesday</b>   | <b>Wednesday</b>  | <b>Thursday</b>   | <b>Friday</b>  | <b>Saturday</b>   |
|--------------------------|------------|---|--|---|---|--|---|
| Parented<br>L'il Dippers | 0-3        | <b>10:00-10:30</b><br>6:00-6:30   | 5:30-6:00  | 1:00-1:30<br>5:30-6:00  | <b>10:00-10:30</b><br>5:30-6:00                               | <b>10:00-10:30</b>   | <b>9:00-9:30</b><br>11:30-12:00   |
| L'il Dippers             | 3-5        | <b>11:00-11:30</b><br>1:00-1:30<br>4:30-5:00<br>5:00-5:30<br>5:30-6:00<br>6:30-7:00 | <b>11:00-11:30</b><br>4:30-5:00<br>5:00-5:30<br>6:00-6:30<br>6:30-7:00 | <b>11:00-11:30</b><br>1:00-1:30<br>4:30-5:00<br>5:00-5:30<br>6:00-6:30<br>6:30-7:00 | 1:00-1:30<br>4:30-5:00<br>5:00-5:30<br>6:00-6:30<br>6:30-7:00 | <b>11:00-11:30</b><br>4:30-5:00<br>5:00-5:30<br>5:30-6:00<br>6:00-6:30 | <b>9:30-10:00</b><br><b>10:00-10:30</b><br><b>10:30-11:00</b><br><b>11:00-11:30</b>   |
| Learn to<br>Swim-Star 3  | 5-12       | 4:30-5:00<br>5:00-5:30<br>5:30-6:00<br>6:00-6:30<br>6:30-7:00                       | 4:30-5:00<br>5:00-5:30<br>5:30-6:00<br>6:00-6:30<br>6:30-7:00          | 4:30-5:00<br>5:00-5:30<br>5:30-6:00<br>6:00-6:30<br>6:30-7:00                       | 4:30-5:00<br>5:00-5:30<br>5:30-6:00<br>6:00-6:30<br>6:30-7:00 | 4:30-5:00<br>5:00-5:30<br>5:30-6:00<br>6:00-6:30                       | <b>9:00-9:30</b><br><b>9:30-10:00</b><br><b>10:00-10:30</b><br><b>10:30-11:00</b><br><b>11:00-11:30</b><br><b>11:30-12:00</b> |
| Star 4-6                 | 7-12       | 5:30-6:15<br>6:15-7:00  | 4:30-5:15<br>5:15-6:00   | 5:30-6:15<br>6:15-7:00  | 5:30-6:15<br>6:15-7:00  | 5:15-6:00  | <b>10:00-10:45</b><br><b>10:45-11:30</b>  |
| Master<br>Swimmer        | Star 6     |   | 6:00-7:00  |   |   |  | <b>11:00-12:00</b>  |