

JHAMC AQUATIC SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 AM	Opening/Set-Up	Opening/Set-up	Opening/Set-Up	Opening/Set-Up	Opening/Set-Up
7:30 AM	WATER EXERCISE	WATER EXERCISE	WATER EXERCISE	WATER EXERCISE	WATER EXERCISE
8:30 AM	INDIVIDUAL EXERCISE/ LAP SWIM	INDIVIDUAL EXERCISE/ LAP SWIM	INDIVIDUAL EXERCISE/ LAP SWIM	INDIVIDUAL EXERCISE/ LAP SWIM	INDIVIDUAL EXERCISE/ LAP SWIM
9:30 AM	ADVANCED WATER EXERCISE	ADVANCED WATER EXERCISE	ADVANCED WATER EXERCISE	ADVANCED WATER EXERCISE	ADVANCED WATER EXERCISE
10:30 AM	MOVE IT-OR-LOSE IT		MOVE IT-OR-LOSE IT		MOVE IT-OR-LOSE IT
11:00 AM		CITP		PHYSICAL THERAPY	
12:00 PM	PHYSICAL THERAPY	PRIVATE SWIM LESSONS	PHYSICAL THERAPY	PHYSICAL THERAPY	PHYSICAL THERAPY
1:00 PM	PHYSICAL THERAPY	MOVE IT-OR-LOSE IT	PHYSICAL THERAPY	MOVE IT-OR-LOSE IT	PHYSICAL THERAPY
2:00 PM	GROUP SWIM LESSONS	LITTLE ANGELS	GROUP SWIM LESSONS	LITTLE ANGELS	GROUP SWIM LESSONS
3:30 PM	ADP	ADP	ADP	ADP	Cleaning/Close
5:00 PM	Cleaning/Close	Cleaning/Close	Cleaning/Close	Cleaning/Close	Cleaning/Close
5:30 PM	Pool Building Closed	Pool Building Closed	Pool Building Closed	Pool Building Closed	Pool Building Closed



SERVING CHILDREN AND ADULTS WITH DISABILITIES

AbilityFirst Joan & Harry A. Mier Center | 8090 Crenshaw Blvd. Inglewood, CA 90305 | Tel: 323.753.3101

May 16th, 2022

Dear Parents & Guardians,

Welcome to AbilityFirst, Joan & Harry A. Mier Center's **Summer Swim Program**. This summer, we will be providing Level 1(10 spaces available) & Level 2(16 spaces available) group swim lessons for children ages 5 - 13. We will have **4** sessions this summer. Each session will have 6 swim lessons for 2 weeks: **Mondays, Wednesdays & Fridays**. You must commit to all 6 swim lessons. There will be **NO** refunds for missed swim lessons. Registration packets will be available starting May 16th. Sign-ups are first come first served, registration and payments are due Friday; June 10th, 2022 . For further questions, please contact the Aquatic Supervisor, Holly Stasher at 323-753-3101 ext. 1406.

Fee

\$70 (per session)

Class Times

2:00PM – 2:30PM & 2:30PM – 3:00PM

Schedule/Dates

Session 1: 6/13, 6/15, 6/17, 6/20, 6/22, 6/24

Session 2: 6/27, 6/29, 7/1, 7/5*, 7/6, 7/8 *closed Monday July 4th

Session 3: 7/18, 7/20, 7/22, 7/25, 7/27, 7/29

Session 4: 8/1, 8/3, 8/5, 8/8, 8/10, 8/12

Sincerely,

Holly A. Stasher

Aquatic Supervisor

