2025 Parkcrest Session 3 Lesson Schedule (August 4-15)

	10:30a - 11:00a	11:00a - 11:30a	11:30a - 12:00p		5:30p - 6:00p	6:00p - 6:30p
Parent Tot		X			X	
Level 1	X	X	X		X	X
Level 2	X	X	X		X	X
Level 3	X	X	X		X	X
Level 4	X	X			X	X
Level 5/6			X		X	X
Adult					Beginner	Advanced
Jr. Lifeguarding	X		X			
Stroke Enhancement	X	X				
Water Games	X	X	X			
Training to Swim			X			
Diving	M/W: Level 1 T/Th: Level 2	M/W: Level 2 T/Th: Level 1	M/W: Level 1 T/Th: Level 3			
	Water lessons are included in Full Family Memberships (first year, stockholder and non-stockholder). These lessons are not available to other membership types. Please contact us if you'd like to change your membership.					

2025 Parkcrest Session 3 Tennis / Pickleball Lesson Schedule

Time	Days	Age Group	Sport
9:15a - 10:00a	M/W	11-14	Tennis
10:00a - 10:30a	M/W or T/Th	5-8	Pickleball
10:30a - 11:00a	M/W or T/Th	9-10	Tennis
11:00a - 11:30a	M/W or T/Th	5-8	Tennis
11:30a - 12:00p	M/W or T/Th	9-13	Pickleball
12:00p - 12:45p	M/W or T/Th	Adult	Tennis
Tennis and Pickleball lessons are available to all memberships for an additional cost which varies based on the length of the class.			

Session 3 Class Descriptions

Jr. Lifeguarding - Learn the basic rescue techniques and safety protocols for being a lifeguard. Class will include reaching and throwing assists, entries, rescues and more. This is NOT a certification class. Must be at least Level 5 to register.

Stroke Enhancement - Similar to Stroke Refinement but with a few added twists. Focus on competitive stroke drills as well as kicking and starts and turns. A good class for any swim team member 8 years old and up.

Water Games - Enjoy games such as Dibble Dabble, Water Polo, Sharks and Minnows, and much more. 8 different games are planned. Must be at least Level 4 to register.

Training to Swim - Learn how to use different equipment to help enhance your swim training. Parachutes, Pull Buoys, cords, and more will be utilized to optimize your competitive swimming training. Must be at least Level 5 to register.