



SPECIAL SWIMMERS PROGRAM



Mondays

September 10th, 17th, 24th, October 1st

5:00 PM | 5:30 PM | 6:00 PM | 6:30 PM

Mondays

October 15th, 22nd, November 5th, 12th

5:00 PM | 5:30 PM | 6:00 PM | 6:30 PM

Tuesdays

September 11th, 18th, 25th, October 2nd

4:30 PM | 5:00 PM | 5:30 PM | 6:00 PM | 6:30 PM

Tuesdays

October 16th, 23rd, November 6th, 13th

4:30 PM | 5:00 PM | 5:30 PM | 6:00 PM | 6:30 PM

Wednesdays

September 12th, 19th, 26th, October 3rd

5:00 PM | 5:30 PM | 6:00 PM | 6:30 PM

Wednesdays

October 17th, 24th, November 7th, 14th

5:00 PM | 5:30 PM | 6:00 PM | 6:30 PM

Thursdays

September 13th, 20th, 27th, October 4th

5:00 PM | 5:30 PM | 6:00 PM | 6:30 PM

Thursdays

October 18th, 25th, November 8th, 15th

5:00 PM | 5:30 PM | 6:00 PM | 6:30 PM

Adult required to accompany all **CUBS in the water**

Water Safety Class

Our water safety classes are designed to familiarize children with special needs in the water. Children will orient to the aquatic environment, gain basic water safety skills, and gain greater independence and comfort in and around water.

Swim Lessons are built around your child and their abilities. Our pace is their pace. Stroke work, kicking and water safety included.

ALL CLASSES ARE 30 MINUTES Participants who are potty training must wear swim diapers.

4 WEEK COST:

Members: \$65

Non-Members: \$95

*Ask us about our family rates!

Limited space available.

Registration required.

**TO REGISTER CALL 515-421-4022
or Email: info@courageleaguesports.com**

**Classes will be held at Courage League
4405 121st Street, Urbandale**

"This is not a school publication, nor is it in anyway endorsed or sponsored by any school district. This publication is being provided only to inform you of other available community activities and opportunities."