

# May 2026 Swim Lessons

## Online Registration:

**Members: April 21<sup>st</sup> at 9am**

**Non-Members: April 23<sup>rd</sup> at 9am**

**Member Price: \$65**

**Non-Members: \$75**

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## May Swim Lesson Dates:

**Mondays & Wednesdays**

**May 4<sup>th</sup> to June 1st**

**No lessons May 25**

## May Lesson Times:

**6:05 - 6:35pm**

**6:40 - 7:10pm**

**7:15 - 7:45pm\***

If your child has been in lessons in the last nine months, the Aquatics department has the station level on file and will update it automatically. Register for one of the following groups and we will arrange them into classes based on their age and skills.

**Preschool Pollywogs.** This group of classes is the same as “Foundations” except they are limited to 3-and 4-year-olds. The parent is not in the water with the child.

**SwimAmerica: Foundations.** This group includes stations 1, 2, and 3 and builds the foundational skills to succeed in swimming: safety, breath control, floats, glides, and kicking. (See our website [www.logan.org/aquatics](http://www.logan.org/aquatics) for a description of each station.)

**SwimAmerica: Intermediate.** This group includes stations 4, 5, and 6. After mastering the foundational skills, these classes focus on the crawl stroke with side-breathing as well as the basics of backstroke, breaststroke, and butterfly.

**SwimAmerica: Stroke School.** This group includes stations 7 through 10 where they increase their endurance and work on the technique for all the competitive strokes.

\*Stroke School lessons are 7:15 - 8:00pm.

Depending on your child’s age and ability, it may take multiple sessions to advance to the next station.

Register online at [www.logan.org/fitness](http://www.logan.org/fitness)  
then go to “Online Portal”

**LOGAN**  
HEALTH

# Swimming Progression

