Dolphin & Pups
6 mos.–3 yrs.
- Blow bubbles & control breathing
- Water safety skills

Clownfish (3+)
- Blow bubbles & control breathing
- Float on front & back
- Water comfortability

Angelfish
Advanced Beginner Swimmers
- Float unassisted
- Scooping & kicking
- Front gliding

Sharks
Advanced Swimmers
- Endurance Swimming
- Learn to Dive
- Flip turns
- Graduate to your choice of aquatics program

Swimmers
- Learn all four strokes: freestyle, backstroke, intro to breaststroke & butterfly

Manta Rays
Octopus (3+)
- Water safety skills
- Blow bubbles/control breathing
- Learn to use kickboard
- Learn different strokes

Sea Turtles
Intermediate Swimmers
- Rotary breathing
- Backstroke/freestyle
- Deep water swimming

Pufferfish
One-on-One Classes
- Personal goals
- 18 mos. to adult

Adaptive Aquatics
- Water safety skills
- Blow bubbles/control breathing
- Learn to use kickboard
- Learn different strokes

Dive into your first session today!

BSAC
(813) 689-0908
405 Beverly Blvd.
Brandon, FL 33511
www.mybsac.org

Spring Swim Lessons
### Spring 2020 Swim Lesson Schedule

**Session Dates**

<table>
<thead>
<tr>
<th>Sessions</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clownfish, Angelfish, Seaturtle</td>
<td>Jan 6 - Feb 1, Feb 3 - Feb 29, March 2 - March 14, March 23 - April 4, April 6 - May 2, May 4 - May 30</td>
</tr>
<tr>
<td>Manta Rays, Sharks</td>
<td>M/W OR T/TH</td>
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<td>M/W/F OR T/TH/S</td>
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</tbody>
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**Session Times:**

- **Clownfish, Angelfish, Seaturtle:**
  - 4:30 - 5:00 PM
  - 5:05 - 5:35 PM
  - 5:40 - 6:10 PM
  - 6:15 - 6:45 PM

- **Manta Rays:**
  - 4:15 - 4:45 PM
  - 5:30 - 6:00 PM
  - 6:45 - 7:15 PM

- **Sharks:**
  - 4:45 - 5:30 PM
  - 6:00 - 6:45 PM

**Saturday Only Session Times:**

- **Clownfish, Angelfish, Seaturtle:**
  - 10:00 - 10:30 AM
  - 10:35 - 11:05 AM
  - 11:10 - 11:40 AM
  - 11:45 - 12:15 PM
  - 12:20 - 12:50 PM

- **Manta Rays:**
  - 9:00 - 9:30 AM
  - 10:15 - 10:45 AM
  - 11:30 - 12:00 PM

- **Sharks:**
  - 9:30 - 10:15 AM
  - 10:45 - 11:30 AM

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$30 Annual Registration Fee
Adult Swim Lessons Available
After-School and Military Benefits

**Contact Information:**

- Phone: (813) 689-0908
- Address: 405 Beverly Blvd, Brandon, FL 33511
- Website: www.mybsac.org