



6/8/2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
9:30-10:00	Guppies -Yasmine	Guppies - Yasmine	Angel Fish -Yasmine	Seahorse - Yasmine		9:30-10:00	Seahorse - Thomas
	Seahorse-Thomas	Marlins-Thomas	Stingrays - Thomas	Marlins-Thomas			Marlins - Jada
10:05-10:35	Angel Fish - Yasmine	Seahorse- Yasmine	Seahorse - Thomas	Seahorse- Thomas		10:05-10:35	Angel Fish- Thomas
	Seahorse-Thomas	Turtles-Thomas	Stingrays-Yasmine	Angel Fish- Yasmine			Stingrays- Jada
10:40-11:10	Seahorse- Yasmine	Angel Fish - Yasmine	Marlins - Thomas	Seahorse - Thomas			
	Stingrays-Thomas	Seahorse - Thomas	Guppies - Yasmine	Stingrays-Yasmine			
						10:40-11:10	Marlins - Jada
							Dolphins - Thomas
3:45 4:15	Seahorse- Avesta	Turtles- Molly	Seahorse- Jada	Turtles- Avesta	Seahorse - Thomas		
	Stingrays -Jada	Marlins - Avesta	Marlins - Avesta	Marlins - Molly	Turtles - Molly		
						11:15-11:45	Turtles - Jada
4:20-4:50	Seahorse - Jada	Stingrays - Avesta	Seahorse- Jada	Seahorse - Avesta	Turtles - Thomas		Whales- Thomas
	Marlins - Avesta	Whales - Molly	Turtles -Avesta	Stingrays -Molly	Dolphins - Molly		
4:55 - 5:25	Seahorse - Jada	Seahorse - Avesta	Whales - Avesta	Turtles - Avesta	Seahorse - Thomas	11:50-12:20	Seahorse- Thomas
	Turtles - Avesta	Whales - Molly	Dolphins - Jada	Whales - Molly	Stingrays -Molly		Stingrays -Jada
5:30-6:00	Angel Fish - Avesta	Turtles - Avesta	Seahorse- Jada	Seahorse- Molly	Seahorse - Thomas		
	Dolphins - Jada	Stingrays - Molly	Marlins - Avesta	Stingrays- Avesta	Turtles - Molly	12:25-12:55	Seahorse - Thomas
							Marlins - Jada
6:05 - 6:35	Seahorse- Avesta	Seahorse - Avesta	Stingrays- Avesta	Marlins - Avesta	Seahorse - Molly		
	Whales - Jada	Marlins - Molly	Turtles- Jada	Whales - Molly	Whales - Thomas		
6:40 - 7:10	Seahorse - Avesta	Seahorse -Molly	Stingrays- Avesta	Seahorse -Avesta	Stingrays -Molly		
	Turtles- Jada	Turtles - Avesta	Whales - Jada	Whales - Molly	Dolphins - Thomas		
7:15 - 8:00		Adult Lesson					
		TBD					

Private Lesson Available

For Scheduling contact Aquatics Director

Swim@metroplexgym.net

Metroplex Gymnastics & Swim

205 E. Bethany Dr.

Allen, TX 75002

972-727-9095

CLASS LEVELS

Guppies	6 - 12 months	(Limit 3 per class)	Parent Child lesson			
Angelfish	13 - 36 months	(Limit 3 per class)	Parent Child lesson			
Seahorse	3-5 years	(Limit 3 per class)	Beginners - learning to become comfortable in the water, elementary backstroke, safe places to get air			
Turtles	6 and up	(Limit 3 per class)	Beginners - learning to become comfortable in the water, elementary backstroke, safe places to get air			
Stingrays	3-5 Years	(Limit 3 per class)	Advanced Beginner - completed previous level will learn to use arms and legs for freestyle			
Marlins	6 and up	(Limit 3 per class)	Advanced Beginner - completed previous level will learn to use arms and legs for freestyle			
Whales	Skill Based	(Limit 3 per class)	Intermediate Beginner - Learning sidebreathing and kicks for breaststroke and butterfly			
Dolphins	Skill Based	(Limit 3 per class)	Intermediate Advanced - learning efficient freestyle and backstroke, putting full breast and butterfly together .			
Sharks	Skillbased	(Limit 3 per class)	Advanced - Knows all four strokes and working on swimming more efficient			
Team Prep	Skillbased	(Limit 6 per class)	Prep for Swim team working on speed, efficiency and endurance (not a swim lesson)			
Monthly Tuition Rates (Seahorse-Sharks)	1x Week	2X'sWeek	3x's Week	Monthly Tuition Rates (Guppies & Angelfish)		
	\$89	\$169	\$249	1x Week	2X'sWeek	3x's Week
10% sibling Discount	\$80	\$160	\$240	\$69	\$131	\$193
2 Week Sessions	\$178 (8 Lessons)					
Private Lessons	\$250 PER MONTH (4 Lessons)					
Adult Lessons	\$89					