

# Swim Lesson Schedule

| Session 1<br>M-Th June 5-15   |     |       |             |     |       | Session 4<br>M-Th July 17-27      |       |           |        |          |       |   |
|-------------------------------|-----|-------|-------------|-----|-------|-----------------------------------|-------|-----------|--------|----------|-------|---|
|                               | 9am | 9:50a | 10:40a      | 6pm | 6:50p |                                   | 9am   | 9:50a     | 10:40a | 6pm      | 6:50p |   |
| Water Discovery               | ✓   |       |             |     |       | Water Discovery                   |       |           | ✓      |          |       |   |
| Water Exploration             |     | ✓     |             |     |       | Water Exploration                 |       | ✓         |        |          |       |   |
| Water Acclimation 3-5         | ✓   | ✓     | ✓           | ✓   | ✓     | Water Acclimation 3-5             | ✓     | ✓         |        | ✓        |       |   |
| Water Movement 3-5            | ✓   |       | ✓           | ✓   | ✓     | Water Movement 3-5                |       | ✓         |        | ✓        |       |   |
| Water Stamina 3-5             |     | ✓     |             |     | ✓     | Water Stamina 3-5                 | ✓     |           | ✓      |          | ✓     |   |
| Stroke Introduction 3-5       |     |       |             |     |       | Stroke Introduction 3-5           |       |           | ✓      |          |       |   |
| Water Acclimation 5-12        | ✓   |       | ✓           | ✓   | ✓     | Water Acclimation 5-12            |       |           | ✓      | ✓        |       |   |
| Water Movement 5-12           | ✓   |       | ✓           | ✓   | ✓     | Water Movement 5-12               | ✓     |           |        | ✓        |       |   |
| Water Stamina 5-12            |     | ✓     |             |     |       | Water Stamina 5-12                | ✓     | ✓         |        |          | ✓     |   |
| Stroke Introduction 5-12      |     |       |             |     |       | Stroke Introduction 5-12          |       | ✓         |        |          | ✓     |   |
| Stroke Development 5-12       |     | ✓     |             |     |       | Stroke Development 5-12           |       |           |        |          | ✓     |   |
| 13+ Basic                     |     |       |             |     | ✓     | 13+ Basic                         | ✓     |           |        |          |       |   |
| 13+ Stroke                    |     |       |             |     |       | 13+ Stroke                        |       |           | ✓      |          |       |   |
| Session 2<br>M-Th June 19-29  |     |       |             |     |       | Session 5<br>M-Th July 31- Aug 10 |       |           |        |          |       |   |
|                               | 9am | 9:50a | 10:40a      | 6pm | 6:50p |                                   | 9am   | 9:50a     | 10:40a | 6pm      | 6:50p |   |
| Water Discovery               |     | ✓     |             |     |       | Water Discovery                   |       | ✓         |        |          |       |   |
| Water Exploration             | ✓   |       |             |     |       | Water Exploration                 | ✓     |           |        |          |       |   |
| Water Acclimation 3-5         | ✓   |       | ✓           |     | ✓     | Water Acclimation 3-5             |       |           | ✓      | ✓        |       |   |
| Water Movement 3-5            |     | ✓     |             | ✓   |       | Water Movement 3-5                |       |           | ✓      |          | ✓     |   |
| Water Stamina 3-5             |     |       |             | ✓   | ✓     | Water Stamina 3-5                 |       |           | ✓      |          | ✓     |   |
| Stroke Introduction 3-5       |     |       | ✓           |     |       | Stroke Introduction 3-5           | ✓     |           |        |          |       |   |
| Water Acclimation 5-12        | ✓   | ✓     | ✓           | ✓   | ✓     | Water Acclimation 5-12            | ✓     |           |        | ✓        |       |   |
| Water Movement 5-12           | ✓   |       | ✓           | ✓   |       | Water Movement 5-12               |       | ✓         |        |          | ✓     |   |
| Water Stamina 5-12            |     | ✓     |             |     | ✓     | Water Stamina 5-12                |       |           | ✓      |          |       |   |
| Stroke Introduction 5-12      |     |       | ✓           |     |       | Stroke Introduction 5-12          |       | ✓         |        |          |       |   |
| Stroke Development 5-12       | ✓   |       |             |     |       | Stroke Development 5-12           | ✓     |           |        |          |       |   |
| 13+ Basic                     |     | ✓     |             |     |       | 13+ Basic                         |       |           |        | ✓        |       |   |
| 13+ Stroke                    |     |       |             |     | ✓     | 13+ Stroke                        |       | ✓         |        |          |       |   |
| Session 3<br>M-Th July 3-13 * |     |       |             |     |       | Saturdays                         |       |           |        |          |       |   |
|                               | 9am | 9:50a | 10:40a      | 6pm | 6:50p |                                   |       |           |        |          |       |   |
| Water Discovery               | ✓   |       | Summer Camp |     |       |                                   |       |           |        |          |       |   |
| Water Exploration             |     | ✓     |             |     |       |                                   |       |           |        |          |       |   |
| Water Acclimation 3-5         | ✓   |       |             |     | ✓     |                                   |       |           |        |          |       |   |
| Water Movement 3-5            |     | ✓     |             |     | ✓     |                                   |       |           |        |          |       |   |
| Water Stamina 3-5             | ✓   |       |             |     | ✓     |                                   |       |           |        |          |       |   |
| Stroke Introduction 3-5       |     |       |             |     |       |                                   |       |           |        |          |       |   |
| Water Acclimation 5-12        | ✓   | ✓     |             |     | ✓     |                                   |       |           |        |          |       |   |
| Water Movement 5-12           |     | ✓     |             |     | ✓     |                                   |       |           |        |          |       |   |
| Water Stamina 5-12            | ✓   |       |             |     |       |                                   |       |           |        |          |       |   |
| Stroke Introduction 5-12      |     | ✓     |             |     |       |                                   |       |           |        |          |       |   |
| Stroke Development 5-12       |     |       |             |     |       |                                   |       |           |        |          |       |   |
| 13+ Basic                     |     |       |             | ✓   |       |                                   |       |           |        |          |       |   |
| 13+ Stroke                    |     |       |             | ✓   |       |                                   |       |           |        |          |       |   |
|                               |     |       |             |     |       | June 3-24                         |       | July 8-29 |        | Aug 5-26 |       |   |
|                               |     |       |             |     |       | 9am                               | 9:50a | 9am       | 9:50a  | 9am      | 9:50a |   |
| Water Discovery               |     |       |             |     |       |                                   | ✓     |           |        | ✓        |       |   |
| Water Exploration             |     |       |             |     |       |                                   |       |           |        |          | ✓     |   |
| Water Acclimation 3-5         |     |       |             |     |       |                                   | ✓     | ✓         | ✓      | ✓        |       |   |
| Water Movement 3-5            |     |       |             |     |       |                                   |       | ✓         | ✓      |          |       |   |
| Water Stamina 3-5             |     |       |             |     |       |                                   |       | ✓         |        |          |       | ✓ |
| Stroke Introduction 3-5       |     |       |             |     |       |                                   |       |           |        |          |       | ✓ |
| Water Acclimation 5-12        |     |       |             |     |       |                                   | ✓     |           | ✓      | ✓        |       |   |
| Water Movement 5-12           |     |       |             |     |       |                                   |       | ✓         | ✓      | ✓        | ✓     |   |
| Water Stamina 5-12            |     |       |             |     |       |                                   |       |           | ✓      |          | ✓     | ✓ |
| Stroke Introduction 5-12      |     |       |             |     |       |                                   |       |           |        |          |       |   |
| Stroke Development 5-12       |     |       |             |     |       |                                   |       |           |        | ✓        |       |   |
| 13+ Basic                     |     |       |             |     |       |                                   | ✓     |           |        |          |       |   |
| 13+ Stroke                    |     |       |             |     |       |                                   |       |           |        |          |       |   |

\* Class will not be held on the 4th of July, classes for this session are pro-rated