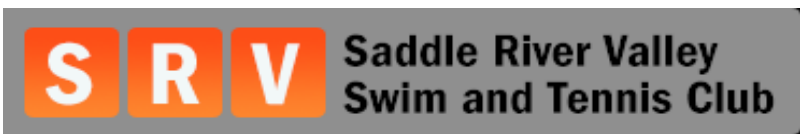


Group Lessons @



Instructor

Swim Co

Session 1	6/26/2017	6/27/2017	6/28/2017	6/29/2017	6/30/2017
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 AM	Level 1	Level 1	Level 1	Level 1	Rain Date
10:30 AM	Level 2	Level 2	Level 2	Level 2	Rain Date
11:00 AM	5-6 Swim	5-6 Swim	5-6 Swim	5-6 Swim	5-6 Swim
11:30 AM	Level 3	Level 3	Level 3	Level 3	Rain Date
12:00 PM	Level 4	Level 4	Level 4	Level 4	Rain Date
12:30 PM	Level 5/6	Level 5/6	Level 5/6	Level 5/6	Rain Date
1:00 PM	Level 1	Level 1	Level 1	Level 1	Rain Date

Swim Co

Session 2	7/3/2017	7/4/2017	7/5/2017	7/6/2017	7/7/2017
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 AM	Level 1	HOLIDAY	Level 1	Level 1	Level 1
10:30 AM	Level 2	HOLIDAY	Level 2	Level 2	Level 2
11:00 AM	5-6 Swim	HOLIDAY	5-6 Swim	5-6 Swim	5-6 Swim
11:30 AM	Level 3	HOLIDAY	Level 3	Level 3	Level 3
12:00 PM	Level 4	HOLIDAY	Level 4	Level 4	Level 4
12:30 PM	Level 5/6	HOLIDAY	Level 5/6	Level 5/6	Level 5/6
1:00 PM	Level 1	HOLIDAY	Level 1	Level 1	Level 1

Swim Co

Session 3	7/10/2017	7/11/2017	7/12/2017	7/13/2017	7/14/2017
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 AM	Level 1	Level 1	Level 1	Level 1	Rain Date
10:30 AM	Level 2	Level 2	Level 2	Level 2	Rain Date
11:00 AM	5-6 Swim	5-6 Swim	5-6 Swim	5-6 Swim	5-6 Swim
11:30 AM	Level 3	Level 3	Level 3	Level 3	Rain Date
12:00 PM	Level 4	Level 4	Level 4	Level 4	Rain Date
12:30 PM	Level 5/6	Level 5/6	Level 5/6	Level 5/6	Rain Date
1:00 PM	Level 1	Level 1	Level 1	Level 1	Rain Date

Swim Co

Session 4	7/17/2017	7/18/2017	7/19/2017	7/20/2017	7/21/2017
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 AM	Level 1	Level 1	Level 1	Level 1	Rain Date
10:30 AM	Level 2	Level 2	Level 2	Level 2	Rain Date
11:00 AM	5-6 Swim	5-6 Swim	5-6 Swim	5-6 Swim	5-6 Swim
11:30 AM	Level 3	Level 3	Level 3	Level 3	Rain Date
12:00 PM	Level 4	Level 4	Level 4	Level 4	Rain Date
12:30 PM	Level 5/6	Level 5/6	Level 5/6	Level 5/6	Rain Date
1:00 PM	Level 1	Level 1	Level 1	Level 1	Rain Date

Swim Co

Session 5	7/24/2017	7/25/2017	7/26/2017	7/27/2017	7/28/2017
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 AM	Level 1	Level 1	Level 1	Level 1	Rain Date
10:30 AM	Level 2	Level 2	Level 2	Level 2	Rain Date
11:00 AM	5-6 Swim	5-6 Swim	5-6 Swim	5-6 Swim	5-6 Swim
11:30 AM	Level 3	Level 3	Level 3	Level 3	Rain Date
12:00 PM	Level 4	Level 4	Level 4	Level 4	Rain Date
12:30 PM	Level 5/6	Level 5/6	Level 5/6	Level 5/6	Rain Date
1:00 PM	Level 1	Level 1	Level 1	Level 1	Rain Date

1 Intro to Water Skills

- Supported Floating and Kicking on front & back.
- Alternating Arm & Leg Action.
- Water Adjustment & breath control.

2 Fundamental Aquatic Skills

- Floating & kicking on front and back.
- Combined stroke on front & back.
- Rhythmic Breathing.

3 Stroke Development

- Diving from side of pool.
- Front & back crawl.
- Treading Water.

4 Stroke Improvement

- Develop confidence & competency in strokes & safety skills beyond preceding levels.
- Introduction of breaststroke and side stroke.

5 Stroke Refinement

- Continue refinement of front/back crawl, elementary backstroke, breaststroke, & sidestroke.
- Introduce butterfly & surface dives.

6 Swimming & Skill Proficiency

- Continue refinement of front/back crawl, elementary backstroke, breaststroke, & sidestroke.
- Introduce butterfly & surface dives.