

# 2024 Swim Lessons

## Session 1: June 17 - 28

### Morning Lessons

Time	Level	Course Description
9:00-9:50	1	Beginner - Intro to Water Skills
9:00-9:50	2	Beginner - Fundamental Aquatic Skills
9:00-9:50	3	Stroke Development
9:00-9:50	4	Stroke Improvement
9:00-9:50	5+6	Stroke Refinement/Skill Proficiency
10:00-10:50	1	Beginner - Intro to Water Skills
10:00-10:50	2	Beginner - Fundamental Aquatic Skills
10:00-10:50	3	Stroke Development
10:00-10:50	4	Stroke Improvement
10:00-10:50	5+6	Stroke Refinement/Skill Proficiency
11:00-11:25	P1	Preschool 1 (3 years old, by June 1)
11:00-11:25	P2	Preschool 2 (4 years old, by June 1)
11:35-12:00	P1	Preschool 1 (3 years old, by June 1)
11:35-12:00	P2	Preschool 2 (4 years old, by June 1)
11:00-11:50	1	Beginner - Intro to Water Skills
11:00-11:50	2	Beginner - Fundamental Aquatic Skills
11:00-11:50	3	Stroke Development

**Open Swim 12:30 - 4:15**

### Evening Lessons

Time	Level	Course Description
4:30-5:20	1	Beginner - Intro to Water Skills
4:30-5:20	2	Beginner - Fundamental Aquatic Skills
4:30-5:20	3	Stroke Development
4:30-5:20	4	Stroke Improvement
4:30-5:20	5+6	Stroke Refinement/Skill Proficiency
4:30-4:55	P1	Preschool 1 (3 years old, by June 1)
4:30-4:55	P2	Preschool 2 (4 years old, by June 1)
5:00-5:25	P1	Preschool 1 (3 years old, by June 1)
5:00-5:25	P2	Preschool 2 (4 years old, by June 1)
5:30-6:20	1	Beginner - Intro to Water Skills
5:30-6:20	2	Beginner - Fundamental Aquatic Skills
5:30-6:20	3	Stroke Development
5:30-6:20	4	Stroke Improvement
5:30-6:20	5+6	Stroke Refinement/Skill Proficiency
5:30-5:55	P/C	Parent & Child (6 - 36 months old)
5:30-5:55	P2	Preschool 2 (4 years old, by June 1)
6:00-6:25	P1	Preschool 1 (3 years old, by June 1))
6:00-6:25	P2	Preschool 2 (4 years old, by June 1)

**Open Swim 6:45- 9:00**

P/C,P1, P2 - Enrollment min. 2 - max. 6

L1, L2, L3, L4, L5, L6 - Enrollment min. 2 - max. 8

Beginners 5 years and older start with Level 1

# 2024 Swim Lessons

## Session 2: July 8 - 19

### Morning Lessons

Time	Level	Course Description
9:00-9:50	1	Beginner - Intro to Water Skills
9:00-9:50	2	Beginner - Fundamental Aquatic Skills
9:00-9:50	3	Stroke Development
9:00-9:50	4	Stroke Improvement
9:00-9:50	5+6	Stroke Refinement/Skill Proficiency
10:00-10:50	1	Beginner - Intro to Water Skills
10:00-10:50	2	Beginner - Fundamental Aquatic Skills
10:00-10:50	3	Stroke Development
10:00-10:50	4	Stroke Improvement
10:00-10:50	5+6	Stroke Refinement/Skill Proficiency
11:00-11:25	P1	Preschool 1 (3 years old, by June 1)
11:00-11:25	P2	Preschool 2 (4 years old, by June 1)
11:35-12:00	P1	Preschool 1 (3 years old, by June 1)
11:35-12:00	P2	Preschool 2 (4 years old, by June 1)
11:00-11:50	1	Beginner - Intro to Water Skills
11:00-11:50	2	Beginner - Fundamental Aquatic Skills
11:00-11:50	3	Stroke Development

**Open Swim 12:30 - 4:15**

### Evening Lessons

Time	Level	Course Description
4:30-5:20	1	Beginner - Intro to Water Skills
4:30-5:20	2	Beginner - Fundamental Aquatic Skills
4:30-5:20	3	Stroke Development
4:30-5:20	4	Stroke Improvement
4:30-5:20	5+6	Stroke Refinement/Skill Proficiency
4:30-4:55	P1	Preschool 1 (3 years old, by June 1)
4:30-4:55	P2	Preschool 2 (4 years old, by June 1)
5:00-5:25	P1	Preschool 1 (3 years old, by June 1)
5:00-5:25	P2	Preschool 2 (4 years old, by June 1)
5:30-6:20	1	Beginner - Intro to Water Skills
5:30-6:20	2	Beginner - Fundamental Aquatic Skills
5:30-6:20	3	Stroke Development
5:30-6:20	4	Stroke Improvement
5:30-6:20	5+6	Stroke Refinement/Skill Proficiency
5:30-5:55	P1	Preschool 1 (3 years old, by June 1)
5:30-5:55	P2	Preschool 2 (4 years old, by June 1)
6:00-6:25	P2	Preschool 2 (4 years old, by June 1)
6:00-6:25	P1	Preschool 1 (3 years old, by June 1)

**Open Swim 6:45 - 9:00**

P/C,P1, P2 - Enrollment min. 2 - max. 6

L1, L2, L3, L4, L5, L6 - Enrollment min. 2 - max. 8

Beginners 5 years and older start with Level 1

# 2024 Swim Lessons

## Session 3: July 22 - Aug. 2

### Morning Lessons

Time	Level	Course Description
9:00-9:50	1	Beginner - Intro to Water Skills
9:00-9:50	2	Beginner - Fundamental Aquatic Skills
9:00-9:50	3	Stroke Development
9:00-9:50	4	Stroke Improvement
9:00-9:50	5+6	Stroke Refinement/Skill Proficiency
10:00-10:50	1	Beginner - Intro to Water Skills
10:00-10:50	2	Beginner - Fundamental Aquatic Skills
10:00-10:50	3	Stroke Development
10:00-10:50	4	Stroke Improvement
10:00-10:50	5+6	Stroke Refinement/Skill Proficiency
11:00-11:25	P1	Preschool 1 (3 years old, by June 1)
11:00-11:25	P2	Preschool 2 (4 years old, by June 1)
11:35-12:00	P1	Preschool 1 (3 years old, by June 1)
11:35-12:00	P2	Preschool 2 (4 years old, by June 1)
11:00-11:50	1	Beginner - Intro to Water Skills
11:00-11:50	2	Beginner - Fundamental Aquatic Skills
11:00-11:50	3	Stroke Development

**Open Swim 12:30 - 4:15**

### Evening Lessons

Time	Level	Course Description
4:30-5:20	1	Beginner - Intro to Water Skills
4:30-5:20	2	Beginner - Fundamental Aquatic Skills
4:30-5:20	3	Stroke Development
4:30-5:20	4	Stroke Improvement
4:30-5:20	5+6	Stroke Refinement/Skill Proficiency
4:30-4:55	P1	Preschool 1 (3 years old, by June 1)
4:30-4:55	P2	Preschool 2 (4 years old, by June 1)
5:00-5:25	P1	Preschool 1 (3 years old, by June 1)
5:00-5:25	P2	Preschool 2 (4 years old, by June 1)
5:30-6:20	1	Beginner - Intro to Water Skills
5:30-6:20	2	Beginner - Fundamental Aquatic Skills
5:30-6:20	3	Stroke Development
5:30-6:20	4	Stroke Improvement
5:30-6:20	5+6	Stroke Refinement/Skill Proficiency
5:30-5:55	P/C	Parent & Child (6 - 36 months old)
5:30-5:55	P1	Preschool 1 (3 years old, by June 1)
6:00-6:25	P2	Preschool 2 (4 years old, by June 1)
6:00-6:25	P1	Preschool 1 (3 years old, by June 1)

**Open Swim 6:45 - 9:00**

P/C,P1, P2 - Enrollment min. 2 - max. 6

L1, L2, L3, L4, L5, L6 - Enrollment min. 2 - max. 8

Beginners 5 years and older start with Level 1