



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STRONG SWIMMERS SAFE KIDS

## Summer Group Swim Lessons Schedule

Stage	Session Dates *Mondays - Thursdays	Session Times
<b>A Water Discovery</b>	<ol style="list-style-type: none"> <li>1. June 7th - 17th</li> <li>2. June 21st - July 1st</li> <li>3. July 12th - 22nd</li> <li>4. July 26th - August 5th</li> <li>5. August 9th - 19th</li> </ol>	9:00-9:30 am 5:00-5:30 pm 5:00-5:30 pm 9:00-9:30 am 9:00-9:30 am
<b>B Water Exploration</b>	<ol style="list-style-type: none"> <li>1. June 7th - 17th</li> <li>2. June 21st - July 1st</li> <li>3. July 12th - 22nd</li> <li>4. July 26th - August 5th</li> <li>5. August 9th - 19th</li> </ol>	9:30 - 10:00 am 5:30 - 6:00 pm 5:30 - 6:00 pm 9:30 - 10:00 am 9:30 - 10:00 am
<b>1 Water Acclimation</b>	<ol style="list-style-type: none"> <li>1. June 7th - 17th</li> <li>2. June 21st - July 1st</li> <li>3. July 12th - 22nd</li> <li>4. July 26th - August 5th</li> <li>5. August 9th - 19th</li> </ol>	10:00 - 10:30 am 6:00 - 6:30 pm 6:00 - 6:30 pm 10:00 - 10:30 am 5:00 - 5:30 pm
<b>2 Water Movement</b>	<ol style="list-style-type: none"> <li>1. June 7th - 17th</li> <li>2. June 21st - July 1st</li> <li>3. July 12th - 22nd</li> <li>4. July 26th - August 5th</li> <li>5. August 9th - 19th</li> </ol>	10:30 - 11:00 am 6:30 - 7:00 pm 9:00 - 9:30 am 10:30 - 11:00 am 5:30 - 6:00 pm
<b>3 Water Stamina</b>	<ol style="list-style-type: none"> <li>1. June 7th - 17th</li> <li>2. June 21st - July 1st</li> <li>3. July 12th - 22nd</li> <li>4. July 26th - August 5th</li> <li>5. August 9th - 19th</li> </ol>	11:00 - 11:30 am 9:00 - 9:30 am 9:30 - 10:00 am 5:00 - 5:30 pm 6:00 - 6:30 pm
<b>4 Stroke Introduction</b>	<ol style="list-style-type: none"> <li>1. June 7th - 17th</li> <li>2. June 21st - July 1st</li> <li>3. July 12th - 22nd</li> <li>4. July 26th - August 5th</li> <li>5. August 9th - 19th</li> </ol>	5:00 - 5:30 pm 9:30 - 10:00 am 10:00 - 10:30 am 5:30 - 6:00 pm 10:00 - 10:30 am
<b>5 Stroke Development</b>	<ol style="list-style-type: none"> <li>1. June 7th - 17th</li> <li>2. June 21st - July 1st</li> <li>3. July 12th - 22nd</li> <li>4. July 26th - August 5th</li> <li>5. August 9th - 19th</li> </ol>	5:30 - 6:00 pm 10:00 - 10:30 am 10:30 - 11:00 am 6:00 - 6:30 pm 10:30 - 11:00 am
<b>6 Stroke Mechanics</b>	<ol style="list-style-type: none"> <li>1. June 7th - 17th</li> <li>2. June 21st - July 1st</li> <li>3. July 12th - 22nd</li> <li>4. July 26th - August 5th</li> <li>5. August 9th - 19th</li> </ol>	6:00 - 6:30 pm 10:30 - 11:00 am 11:00 - 11:30 am 6:30 - 7:00 pm 11:00 - 11:30 am