

STRONG SWIMMERS SAFE KIDS Summer 2023 Group Swim Lessons Schedule

Stage A Water Discovery	Session Dates *Mondays - Thursdays 1. June 19-29 2. July 10-20 3. July 24-Aug 3 4. Aug 7-17 1. June 19-29 2. July 10-20	Session Times 9:00 - 9:30 am 5:00 - 5:30 pm 9:00 - 9:30 am 6:00 - 6:30 pm 9:30 - 10:00 am
	 2. July 10-20 3. July 24-Aug 3 4. Aug 7-17 1. June 19-29 	5:00 - 5:30 pm 9:00 - 9:30 am 6:00 - 6:30 pm
	 3. July 24-Aug 3 4. Aug 7-17 1. June 19-29 	9:00 - 9:30 am 6:00 - 6:30 pm
	4. Aug 7-17 1. June 19-29	6:00 - 6:30 pm
	1. June 19-29	
		9·30 - 10·00 am
B Water Exploration	2. July 10-20	3.30 - 10.00 alli
		5:30 - 6:00 pm
	3. July 24-Aug 3	9:30 - 10:00 am
	4. Aug 7–17	6:30 - 7:00 pm
1 Water Acclimation	1. June 5-15	5:00 - 5:30 pm
	2. June 19–29	10:00 - 10:30 am
	3. June 19-29	6:00 - 6:30 pm
	4. July 10-20	9:00 - 9:30 am
	5. July 10-20	6:00 - 6:30 pm
	6. July 24-Aug 3	5:00 - 5:30 pm
	7. Aug 7-17	9:00 - 9:30 am
2 Water Movement	1. June 5–15	5:30 - 6:00 pm
	2. June 19-29	10:30 - 11:00 am
	3. June 19-29	6:30 - 7:00 pm 9:30 - 10:00 am
	4. July 10-20 5. July 10-20	6:30 – 7:00 pm
	6. July 24-Aug 3	5:30 - 6:00 pm
	7. Aug 7-17	9:30 - 10:00 am
3 Water Stamina	1. June 5-15	6:00 - 6:30 pm
	2. June 19-29	5:00 - 5:30 pm
	3. July 10-20	10:00 - 10:30 am
	4. July 24-Aug 3	6:00 - 6:30 pm
	5. Aug 7-17	10:00 - 10:30 am
4 Stroke Introduction	1. June 5-15	6:30 - 7:00 pm
	2. June 19-29	5:30 - 6:00 pm
	3. July 10-20	10:30 - 11:00 am
	4. July 24-Aug 3	6:30 - 7:00 pm
	5. Aug 7-17	10:30 - 11:00 am
5 Stroke Development	1. July 24-Aug 3	10:00 - 10:30 am
	2. Aug 7-17	5:00 – 5:30 pm
6 Stroke Mechanics	1. July 24–Aug 3	10:30 - 11:00 am
	2. Aug 7-17	5:30 - 6:00 pm