

SWIMMING LESSON PROGRAM - 2009

Session I ---- June 22 - July 10 (no class on July 4th)

Session II --- July 20 - August 7

**Each class will consist of FUN, SAFETY, and Stroke
Technique**

ALL CLASSES MONDAY THRU FRIDAY

9:00 - 9:30am

Level I Water Exploration

Level II Primary Skills

Level III Stroke Readiness

9:40 - 10:10am

Level I Water Exploration

Level II Primary Skills

Level III Stroke Readiness

Level IV Stroke Development

10:20 - 10:50am

Level I Water Exploration

Level II Primary Skills

Level III Stroke Readiness

Level IV Stroke Development

10:20 - 11:00am

(class may run a little longer on some days)

Level V Stroke Refinement

Level VI Skill Proficiency

(Both Level V and VI will be taught together. This is now a five week program)

*Additional classes maybe added at a later date and all classes and times
are subject to change based on enrollment*