

GROUP SWIMMING LESSON SCHEDULE

SESSION I: MAY 30-JULY 1

SESSION II: JULY 3-AUGUST 5

SATURDAYS: JUNE 3-AUGUST 4

	COURSE LEVELS	MONDAY & WEDNESDAY 5 Week Session	TUESDAY & THURSDAY 5 Week Session	SATURDAY 10 Week Session
SWIM STARTERS 6 MONTHS-3 YEARS	A/Discovery B/Exploration		10:30 am 6:15 pm	10:30 am
SWIM BASICS 3-5 YEARS	1/Acclimation 2/Movement 3/Stamina	3:00 pm	9:45 am 10:30 am (No Accl) 3:00 pm (No Accl) 5:30 pm 6:15 pm (No Accl)	9:45 am 10:30 am(No Accl)
SWIM STROKES 5 years and up	1/Acclimation 2/Movement 3/Stamina	3:00 pm	9:00 am (No Accl) 9:45 am 3:00 pm (No Accl) 5:30 pm 6:15 pm(No Accl)	9:00 am (No Accl) 9:45 am
	4/Stroke Introduction	3:00 pm	3:00 pm 6:15 pm	10:30 am
	5/Stroke Development		3:00 pm 6:15 pm	
	6/Stroke Mechanics		6:15 pm	

Contact Aquatics Director, Caleb Taylor at cantonymcaaquatics@gmail.com for more information.