



July 11 – July 21

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| 1:00 – 1:30 | Preschool Water Acclimation | 1:00 – 1:30 | Youth Water Acclimation |
| 1:40 – 2:10 | Preschool Water Movement | 1:40 – 2:10 | Youth Water Movement |
| 2:20 – 2:50 | Preschool Water Stamina | 2:20 – 2:50 | Youth Water Stamina |
| 3:00 – 3:30 | Youth Stroke Introduction | 3:00 – 3:30 | Youth Stroke Development |
| 3:40 – 4:10 | Preschool Water Movement | 3:40 – 4:10 | Preschool Water Acclimation |
| 4:20 – 4:20 | Preschool Water Stamina | | |
| 5:00 – 5:30 | Water Exploration (Mommy & Me) | | |