



July 25th – August 4th

| | | | |
|-------------|--------------------------------|-------------|--------------------------|
| 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 | Youth Water Movement | 3:40 – 4:10 | Youth Water Acclimation |
| 4:20 – 4:50 | Youth Water Stamina | | |
| 5:00 – 5:30 | Water Exploration (Mommy & Me) | | |



| August 8th – August 18th | | | |
|---|-----------------------------|-------------|-----------------------------|
| 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 | Youth Water Stamina | 3:40 – 4:10 | Preschool Water Acclimation |
| 4:20 – 4:50 | Preschool Water Movement | | |
| 6:00 – 6:30 | Water Exploration | | |
| 6:40 – 7:10 | Youth Water Acclimation | | |
| 7:20 – 7:50 | Youth Water movement | | |