

Session 3 Class Descriptions

Jr. Lifeguarding- Learn the basic rescue techniques and safety protocols for being a lifeguard. Class will include reaching and throwing assists, entries, rescues and more. This is NOT a certification class. Must be at least Level 5 to register.

Stroke Enhancement- Similar to Stroke Refinement but with a few added twists. Focus on competitive stroke drills as well as kicking and starts and turns. A good class for any swim team member 8 years old and up.

Water Games- Enjoy games such as Dibble Dabble, Water Polo, Sharks and Minnows, and much more. 8 different games are planned. Must be at least Level 4 to register.

Training to Swim- Learn how to use different equipment to help enhance your swim training. Parachutes, Pull Buoys, cords, and more will be utilized to optimize your competitive swimming training. Must be at least Level 5 to register.

Water Fitness- Experience Water Aerobics, Water Jogging, Vertical Kicking, and more in this broad overview of common water fitness classes. Must be at least level 5 to register.

Strokes for all Folks- Learn the basics of different types of swimming strokes. Sidestroke, Elementary Backstroke, Inverted Breaststroke, and Trudgen to name a few. Must be at least Level 4 to register.

2023 Session 3 Lesson Schedule

	10:30a - 11:00a	11:00a - 11:30a	11:30a - 12:00p
Water Bugs		X	
Level 1	X	X	X
Level 2	X	X	X
Level 3	X	X	X
Jr. Lifeguarding	X		X
Stroke Enhancement	X	X	
Water Games	X	X	X
Training to Swim			X
Water Fitness		X	
Strokes for all Folks	X		X
Diving	M/W Level 1 T/R Level 1	M/W Level 2 T/R Level 1	M/W Level 2 T/R Level 3

	5:30p - 6:00p	6:00p - 6:30p
Water Bugs	X	
Level 1	X	X
Level 2	X	X
Level 3	X	X
Level 4	X	
Level 5		X
Adult Beginner	X	
Adult Advanced		X