

**2024 Parkcrest Lesson Schedule for Session 3  
August 5 - August 16**

	<b>10:30a - 11:00a</b>	<b>11:00a - 11:30a</b>	<b>11:30a - 12:00p</b>
<b>Water Bugs</b>		X	
<b>Level 1</b>	X	X	X
<b>Level 2</b>	X	X	X
<b>Level 3</b>	X	X	X
<b>Level 4</b>		X	X
<b>Jr. Lifeguarding</b>	X		X
<b>Stroke Enhancement</b>	X	X	
<b>Water Games</b>	X	X	X
<b>Training to Swim</b>	X		X
<b>Diving</b>	M/W Level 1 T/R Level 1	M/W Level 2 T/R Level 1	M/W Level 2 T/R Level 3

	<b>5:30p - 6:00p</b>	<b>6:00p - 6:30p</b>
<b>Water Bugs (Parent - Tot)</b>	X	
<b>Swim Levels 1-5</b>	X	X
<b>Adult</b>	Beginner	Advanced

**Tennis/Pickleball**

<b>Ages 5-8 Pickleball</b>	9:30-10:00 am
<b>Ages 9-13 Pickleball</b>	10:00-10:30 am
<b>Ages 5-8 Tennis</b>	10:30-11:00 am
<b>Ages 9-10 Tennis</b>	11:00-11:30 am
<b>Ages 11-13 Tennis</b>	11:30 am-12:15 pm
<b>Adult Tennis</b>	12:15-1:00 pm

## 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.