

2023 SWIMMING LESSONS SCHEDULE

Two week Sessions - 6 Students per Class/30 Minute Classes

One Week Sessions - 6 Students per Class/45 Minute Classes

Session 1: June 12 - 23 - Two Week Session - Cannon Kids Session at 10:05 a.m. only

- Journey 1: 8:55, 9:30, 10:05, 10:40, 11:15
- Journey 2: 8:55, 9:30, 10:05, 10:40, 11:15
- Journey 3: 8:55, 9:30, 10:05, 10:40, 11:15
- Challenge 1, 2 & 3: 9:00, 10:00, 11:00

Session 2: June 26 - July 7 - Two Week Session - No Lessons on July 4th - Water Exploration

- Journey 1: 8:55, 9:30, 10:05, 10:40, 11:15
- Journey 2: 8:55, 9:30, 10:05, 10:40, 11:15
- Journey 3: 8:55, 9:30, 10:05, 10:40, 11:15
- Challenge 1, 2 & 3: 9:00, 10:00, 11:00
- Water Exploration: 10:40, 11:15

Session 3: July 10 - July 14 - One Week Session (45 Minutes) - Water Exploration

- Journey 1: 9:00, 10:00, 11:00
- Journey 2: 9:00, 10:00, 11:00
- Journey 3: 9:00, 10:00, 11:00
- Challenge 1, 2 & 3: 9:00, 10:00, 11:00
- Water Exploration: 10:00, 11:00

Session 4: July 17 - July 21 - One Week Session (45 Minutes)

- Journey 1: 9:00, 10:00, 11:00
- Journey 2: 9:00, 10:00, 11:00
- Journey 3: 9:00, 10:00, 11:00
- Challenge 1, 2 & 3: 9:00, 10:00, 11:00

Session 5: July 24 - August 4 - Two Week Session - Water Exploration

- Journey 1: 8:55, 9:30, 10:05, 10:40, 11:15
- Journey 2: 8:55, 9:30, 10:05, 10:40, 11:15
- Journey 3: 8:55, 9:30, 10:05, 10:40, 11:15
- Challenge 1, 2 & 3: 9:00, 10:00, 11:00
- Water Exploration: 11:15

Junior Lifeguarding - July 24 - July 28 (One Week Only - Separate Fee)

- Junior Lifeguarding: 10:00 - 11:30

Private Lessons - Throughout season - 30 minute classes - One Week

- Monday - Friday: 12:00, 12:30, 4:00, 4:30

Swim Lesson Levels Descriptions

Water Exploration Series: The water exploration series includes infant and child CPR and Heimlich instruction for caregivers.

Infant/Toddler Water Exploration-(Ages 6 months-3 years) Parents/Guardians are in the water with the child. Parent and child will focus on adjustments to the water.

Journey Series: All children will be given the chance to go off the diving board and experience swimming in both ends of the pool. Safety lessons are incorporated into each lesson.

Journey 1-(ages 4-5 and 6-7) Beginning swimmers will learn basic water skills (adjustment to water, floating, and basic stroke).

Journey 2-Begin stroke development. Swimmers will learn the front crawl, back crawl, and breaststroke.

Journey 3-Swimmers must successfully complete Journey 2 to progress to Journey 3. They will learn elementary backstroke, butterfly, and sidestroke.

Challenge Series: Children in the challenge series will be swimming the full length of the pool or more. They will work in perfecting their strokes and learn how to lap swim.

Challenge 1-Swimmers will work on six strokes at a novice level.

Challenge 2-Swimmers will work on six strokes at an advanced level and diving.

Challenge 3-Swimmers will work on six strokes at an expert level, diving, and turns.

Junior Lifeguarding: Children will learn basic water rescues, CPR and rescue breathing, first aid, and basic lifeguarding skills. They will also get to shadow the staff.