

## Session 3 Lessons

	Parent Tot	Minnows	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Diving
10:30		Allie	Clayton	Amelia	Erica	Adam Aaron	Jordan	Phillip	I
11:00		Erica	Amelia	Allie	Clayton				B
11:15						Aaron Adam	Phillip	Jordan	
11:30		Amelia	Erica	Clayton	Allie				B
12:00		Clayton		Amelia	Erica Allie	Phillip	Adam Jordan	Aaron	
12:30		Erica	Amelia	Allie	Clayton				
12:45						Aaron Jordan	Phillip	Adam	
1:00	Erica	Allie		Clayton	Amelia				
5:00		Maddy	Allie	Molly	Erica	Mark	Jakob	Jordan	A
5:30	Erica	Allie	Maddy	Molly					A
5:45						Jordan	Mark	Jakob	I
6:00		Maddy	Molly	Allie	Erica				

**Dive Lesson Info:**

**Beginner:** Child should be at least five years old, be able to swim, and be comfortable being on the diving board. Children *will not* be allowed to use goggles for safety reasons.

**Intermediate:** Child should be able to complete a successful: front approach, front line up (or fall in), a front tuck dive, and a back fall in.

**Advanced:** Child should be able to complete all of the previous plus a back press (or approach), a back dive with a press, a front flip and have an intense focus on joining dive team and building competitive skills.

**For your use only:**

Child: \_\_\_\_\_ Level: \_\_\_\_\_

Child: \_\_\_\_\_ Level: \_\_\_\_\_

Child: \_\_\_\_\_ Level: \_\_\_\_\_

Child: \_\_\_\_\_ Level: \_\_\_\_\_

Pref 1: \_\_\_\_\_ Pref 2: \_\_\_\_\_

Pref 1: \_\_\_\_\_ Pref 2: \_\_\_\_\_

Pref 1: \_\_\_\_\_ Pref 2: \_\_\_\_\_

Pref 1: \_\_\_\_\_ Pref 2: \_\_\_\_\_