

Session 1 Lessons

	Parent	Tot	Minnows	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Diving
<b>10:30</b>			Jenni	Molly	Alison	Claire	Emma	Nick	Phil	beginner
<b>11:00</b>			Alison	Jenni	Molly	Emma				beginner
<b>11:15</b>							Claire	Philip	Nick	
<b>11:30</b>			Emma	Alison	Jenni	Molly				intermediate
<b>12:00</b>			Molly		Emma	Jenni	Nick	Claire	Phil	
<b>12:30</b>			Alison	Jenni	Molly	Emma				
<b>12:45</b>							Claire	Phil	Nick	
<b>1:00</b>	Molly		Emma		Alison	Jenni				
<b>5:00</b>			Jenni	Emma	Jordyn	Kayleigh	Grace	Nick	Jesse	beginner
<b>5:30</b>	Jenni		Emma	Jordyn	Kayleigh					advanced
<b>5:45</b>							Nick	Jesse	Grace	
<b>6:00</b>			Kayleigh	Jenni	Jordyn	Emma				intermediate

**Dive Lesson Info:**

**Beginner:** Child should be at least five years old, be able to swim, and be comfortable being on the diving board. No goggles for safety

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

**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

**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: \_\_