



ADAPTIVE SWIM LESSONS SESSION GUIDE



BUILDING CONFIDENCE, SAFETY, AND
LIFELONG SKILLS IN THE WATER

WEEKDAY

CLASSES ARE OFFERED AT

10:00-10:20, 10:30-10:50, 11:00-11:20, 11:30-11:50

SESSION A: JUNE 15 - JUNE 25 **EMERSON AND JASE**

SESSION B: JUNE 29 - JULY 9 **EMERSON AND JASE**

SESSION C: JULY 14 - 16 **EMERSON AND JASE**

SESSION D: JULY 27 - 30 **EMERSON**

EVENING

JUNE: JUNE 10, 17, 24 **JASE**

- 5:00-5:30
- 5:30-6:00

JULY: JULY 1, 8, 15, 24 **EMERSON AND JASE**

- 5:00-5:30
- 5:30-6:00

WEEKEND

JUNE: JUNE 6, 13, 20, 27
JASE AND EMERSON

- 8:30-9:00
- 9:00-9:30
- 9:30-10:00

JULY: JULY 18, 25, AUGUST 1
JASE

- 8:30-9:00
- 9:00-9:30
- 9:30-10:00