



Frog Falls Swim Lesson Schedule

Session 1: June 18– June 28

Swim Tests: June 11 & 12 1600-1700 (Military Only)

June 13 & 14 1600-1700 (All Members)

All classes will be 30 minutes in length

Make-up classes are held on Fridays.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
17	18 1600: Preschool & LTS 16:30: Beginner & Adv. Beginner 1700: Adv. Beginner & Intermediate	19 1600: Preschool & LTS 16:30: Beginner & Adv. Beginner 1700: Adv. Beginner & Intermediate	20	21 1600: Preschool & LTS 16:30: Beginner & Adv. Beginner 1700: Adv. Beginner & Intermediate	22	23
24	25 1600: Preschool & LTS 16:30: Beginner & Adv. Beginner 1700: Adv. Beginner & Intermediate	26 1600: Preschool & LTS 16:30: Beginner & Adv. Beginner 1700: Adv. Beginner & Intermediate	27	28 1600: Preschool & LTS 16:30: Beginner & Adv. Beginner 1700: Adv. Beginner & Intermediate	29	30



Frog Falls Swim Lesson Schedule

Session 2: July 2nd– July 12th



Swim Tests: June 11 & 12 1600-1700 (Military Only)
 June 13 & 14 1600-1700 (All Members)

All classes will be 30 minutes in length
 Make-up classes are held on Fridays.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 1500: Preschool 1530: Beginner 16:00: :Adv. Beginner & Intermediate 16:30: Preschool & Beginner 1700:Intermediate & Stroke Development 1730:Beginner & Intermediate	3 1500: Preschool 1530: Beginner 16:00: :Adv. Beginner & Intermediate 16:30: Preschool & Beginner 1700:Intermediate & Stroke Development 1730:Beginner & Intermediate	4	5 1500: Preschool 1530: Beginner 16:00: :Adv. Beginner & Intermediate 16:30: Preschool & Beginner 1700:Intermediate & Stroke Development 1730:Beginner & Intermediate	6	7
8	9 1500: Preschool 1530: Beginner 16:00: :Adv. Beginner & Intermediate 16:30: Preschool & Beginner 1700:Intermediate & Stroke Development 1730:Beginner & Intermediate	10 1500: Preschool 1530: Beginner 16:00: :Adv. Beginner & Intermediate 16:30: Preschool & Beginner 1700:Intermediate & Stroke Development 1730:Beginner & Intermediate	11	12 1500: Preschool 1530: Beginner 16:00: :Adv. Beginner & Intermediate 16:30: Preschool & Beginner 1700:Intermediate & Stroke Development 1730:Beginner & Intermediate	13	14



Frog Falls Swim Lesson Schedule

Session 3: July 16th– July 26th



Swim Tests: July 12 & 13 1600-1700 (Military Only)
 June 14 & 15 1600-1700 (All Members)

All classes will be 30 minutes in length
 Make-up classes are held on Fridays.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
15	16 1200: Preschool & Adv. Beginner 1230: Beginner & Stroke Development 1300: Beginner & Intermediate 1330: Adv. Beginner & Stroke Development 1530: Preschool & Beginner 16:00: Beginner & Intermediate 16:30: Stroke Development & Stroke Proficiency 1700:Advanced Beginner & Intermediate 1730:Adult	17 1200: Preschool & Adv. Beginner 1230: Beginner & Stroke Development 1300: Beginner & Intermediate 1330: Adv. Beginner & Stroke Development 1530: Preschool & Beginner 16:00: Beginner & Intermediate 16:30: Stroke Development & Stroke Proficiency 1700:Advanced Beginner & Intermediate 1730:Adult	18	19 1200: Preschool & Adv. Beginner 1230: Beginner & Stroke Development 1300: Beginner & Intermediate 1330: Adv. Beginner & Stroke Development 1530: Preschool & Beginner 16:00: Beginner & Intermediate 16:30: Stroke Development & Stroke Proficiency 1700:Advanced Beginner & Intermediate 1730:Adult	20	21
22	23 1200: Preschool & Adv. Beginner 1230: Beginner & Stroke Development 1300: Beginner & Intermediate 1330: Adv. Beginner & Stroke Development 1530: Preschool & Beginner 16:00: Beginner & Intermediate 16:30: Stroke Development & Stroke Proficiency 1700:Advanced Beginner & Intermediate 1730:Adult	24 1200: Preschool & Adv. Beginner 1230: Beginner & Stroke Development 1300: Beginner & Intermediate 1330: Adv. Beginner & Stroke Development 1530: Preschool & Beginner 16:00: Beginner & Intermediate 16:30: Stroke Development & Stroke Proficiency 1700:Advanced Beginner & Intermediate 1730:Adult	25	26 1200: Preschool & Adv. Beginner 1230: Beginner & Stroke Development 1300: Beginner & Intermediate 1330: Adv. Beginner & Stroke Development 1530: Preschool & Beginner 16:00: Beginner & Intermediate 16:30: Stroke Development & Stroke Proficiency 1700:Advanced Beginner & Intermediate 1730:Adult	27	28



Frog Falls Swim Lesson Schedule

Session 4: July 30th– August 9th



Swim Tests: July 12 & 13 1600-1700 (Military Only)
 July 14 & 15 1600-1700 (All Members)

All classes will be 30 minutes in length
 Make-up classes are held on Fridays.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30 1200: Preschool & Adv. Beginner 1230: Beginner & Stroke Development 1300: Beginner & Intermediate 1330: Adv. Beginner & Stroke Development 1530: Preschool & Beginner 16:00: Beginner & Intermediate 16:30: Stroke Development & Stroke Proficiency 1700: Advanced Beginner & Intermediate 1730: Adult	31 1200: Preschool & Adv. Beginner 1230: Beginner & Stroke Development 1300: Beginner & Intermediate 1330: Adv. Beginner & Stroke Development 1530: Preschool & Beginner 16:00: Beginner & Intermediate 16:30: Stroke Development & Stroke Proficiency 1700: Advanced Beginner & Intermediate 1730: Adult	1	2 1200: Preschool & Adv. Beginner 1230: Beginner & Stroke Development 1300: Beginner & Intermediate 1330: Adv. Beginner & Stroke Development 1530: Preschool & Beginner 16:00: Beginner & Intermediate 16:30: Stroke Development & Stroke Proficiency 1700: Advanced Beginner & Intermediate 1730: Adult	3	4
5	6 1200: Preschool & Adv. Beginner 1230: Beginner & Stroke Development 1300: Beginner & Intermediate 1330: Adv. Beginner & Stroke Development 1530: Preschool & Beginner 16:00: Beginner & Intermediate 16:30: Stroke Development & Stroke Proficiency 1700: Advanced Beginner & Intermediate 1730: Adult	7 1200: Preschool & Adv. Beginner 1230: Beginner & Stroke Development 1300: Beginner & Intermediate 1330: Adv. Beginner & Stroke Development 1530: Preschool & Beginner 16:00: Beginner & Intermediate 16:30: Stroke Development & Stroke Proficiency 1700: Advanced Beginner & Intermediate 1730: Adult	8	9 1200: Preschool & Adv. Beginner 1230: Beginner & Stroke Development 1300: Beginner & Intermediate 1330: Adv. Beginner & Stroke Development 1530: Preschool & Beginner 16:00: Beginner & Intermediate 16:30: Stroke Development & Stroke Proficiency 1700: Advanced Beginner & Intermediate 1730: Adult	10	11



Frog Falls Swim Lesson Schedule

Session 5: August 13th - August 23rd



Swim Tests: August 9 & 10 1600-1700 (Military Only)
 August 11 & 12 1600-1700 (All Members)

All classes will be 30 minutes in length
 Make-up classes are held on Fridays.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
12	13 1200: Preschool 1230: Beginner 1300: Intermediate 1330: Stroke Development 16:00: Stroke Development & Stroke Proficiency 1700: Advanced Beginner & Intermediate 1700: Adult	14 1200: Preschool 1230: Beginner 1300: Intermediate 1330: Stroke Development 16:00: Stroke Development & Stroke Proficiency 1700: Advanced Beginner & Intermediate 1700: Adult	15	16 1200: Preschool 1230: Beginner 1300: Intermediate 1330: Stroke Development 16:00: Stroke Development & Stroke Proficiency 1700: Advanced Beginner & Intermediate 1700: Adult	17	18
19	20 1200: Preschool 1230: Beginner 1300: Intermediate 1330: Stroke Development 16:00: Stroke Development & Stroke Proficiency 1700: Advanced Beginner & Intermediate 1700: Adult	21 1200: Preschool 1230: Beginner 1300: Intermediate 1330: Stroke Development 16:00: Stroke Development & Stroke Proficiency 1700: Advanced Beginner & Intermediate 1700: Adult	22	23 1200: Preschool 1230: Beginner 1300: Intermediate 1330: Stroke Development 16:00: Stroke Development & Stroke Proficiency 1700: Advanced Beginner & Intermediate 1700: Adult	24	25