

## Team Practice and Youth Lesson Schedule 2023

Lessons are Tuesday – Friday each Week

TIME	SWIM TEAM	POD	DIVE TEAM	TENNIS		SWIM LESSON	TRAMPOLINE LESSON
8:30 a.m.	11-Up Swim			Age: 9-10			
9:00 a.m.			Practice 1 Age: 8-Under				Lesson 1
9:30 a.m.				Practice 2 Age: 8-Under	Age: 7-8		Lesson 2
10:00 a.m.	9-10 Swim		Practice 3 Age: 11-Up				Lesson 3
10:30 a.m.		Group 1	Practice 4 Age: 11-Up		Lesson 1	Lesson 4	
11:00 a.m.	8-Under Swim	Group 2	Practice 5 Age 9-Up	Age: 11-12		Lesson 2	Lesson 5
11:30 a.m.		Group 3	Practice 6 Age 9-10			Lesson 3	Lesson 6
12:00 p.m.			Practice 7 Age 8-Under	Age:			
12:30 p.m.			Dive Lesson	13-Up	Age: 5-6		
1:00 p.m.				Tennis Team			

**Session 1:** June 20-June 30

**Session 2:** July 3- July 14 (\*no practice or classes on July 4<sup>th</sup>)

**Session 3:** July 18-July 28