

# 2019 Red Cross Swimming Lesson Schedule

## Carman-Dufferin Pool & Campground

### **Session 1: June 17 - 28**

**\*All Lessons this session are 2 week sessions\***

Parent & Tot: **N/A**

Preschool: **N/A**

Level 1: 4:00-4:30 **OR** 4:30 – 5:00 **OR** 5:00-5:30

Level 2: 4:30-5:00 **OR** 5:30-6:00

Level 3: 4:00-4:30 **OR** 5:30-6:00

Level 4: 4:30-5:15 **OR** 5:00-5:45

Level 5: 5:00-5:45

Level 6: 4:00-4:45

Level 7/8: 5:00-6:00

Level 9/10: 4:00-5:00

### **Session 2: July 1 – 5**

**\*Levels 1-3 are all 2 week sessions\*(July 1 – 12)**

#### **MORNING SESSIONS**

Parent and Tot: 11:00–11:30 **OR** 11:30-12:00

Preschool: 10:00-10:30 **OR** 10:30-11:00 **OR** 11:30-12:00

Level 1 10:00-10:30 **OR** 10:30-11:00 **OR** 11:00-11:30

Level 2: 9:00–9:30 **OR** 10:00-10:30 **OR** 11:30-12:00

Level 3: 9:30-10:00 **OR** 10:00-10:30 **OR** 10:30-11:00

Level 4: 9:15-10:00 **OR** 10:30-11:15

Level 5/6: 9:00-9:45 **OR** 11:00 – 11:45

Level 7/8: 10:00-11:00

Level 9/10: 9:00 – 10:00

#### **EVENING SESSIONS**

Parent & Tot: 5:30–6:00

Preschool: 5:00-5:30 **OR** 5:30-6:00

Level 1: 4:30-5:00 **OR** 5:00-5:30 **OR** 5:30-6:00

Level 2: 4:30-5:00 **OR** 5:30-6:00

Level 3: 4:30-5:00

Level 4: 4:30–5:15

Level 5/6: 5:00–5:45

Level 7/8: 4:30–5:30

Level 9/10: **N/A**

## **Session 3: July 8 - 12**

\*Second week of lessons for levels 1-3\*

### **MORNING SESSION**

Parent and Tot: 11:30-12:00

Preschool: 10:00-10:30 **OR** 10:30-11:00 **OR** 11:00-11:30 **OR** 11:30-12:00

Level 1: second week of lessons

Level 2: second week of lessons

Level 3: second week of lessons

Level 4: 10:30 – 11:15

Level 5/6: 9:00-9:45

Level 7/8: 9:00–10:00 **OR** 11:00–12:00

Level 9/10: 10:00–11:00

### **EVENING SESSION**

Parent & Tot: **N/A**

Preschool: 5:00–5:30 **OR** 5:30-6:00

Level 1: second week of lessons

Level 2: second week of lessons

Level 3: second week of lessons

Level 4: 4:30-5:15

Level 5/6: 5:00–5:45

Level 7/8: **N/A**

Level 9/10: **N/A**

## **Session 4: July 15 - 19**

\*Levels 1-3 and are all 2 week sessions\*(July 15-26)

### **MORNING SESSIONS**

Parent and Tot: 11:30-12:00

Preschool: 10:00-10:30 **OR** 10:30-11:00 **OR** 11:00–11:30 **OR** 11:30-12:00

Level 1: 9:00-9:30 **OR** 10:00-10:30 **OR** 10:30-11:00 **OR** 11:00-11:30 **OR** 11:30-12:00

Level 2: 9:30-10:00 **OR** 10:00-10:30 **OR** 11:00–11:30 **OR** 11:30-12:00

Level 3: 9:30-10:00 **OR** 10:00-10:30 **OR** 10:30-11:00

Level 4: 10:30-11:15

Level 5/6: 9:00-9:45

Level 7/8: 10:00-11:00

Level 9/10: 11:00-12:00

## **EVENING SESSIONS**

Parent & Tot: 5:30–6:00

Preschool: 5:00-5:30

Level 1: 4:30-5:00 **OR** 5:00-5:30 **OR** 5:30-6:00

Level 2: 5:30-6:00

Level 3: 4:30-5:00 **OR** 5:30-6:00

Level 4: 4:30–5:15

Level 5/6: 5:00–5:45

Level 7/8: 4:30–5:30

Level 9/10: **N/A**

## **Session 5: July 22-26**

\*Second week of lessons for levels 1-3\*

## **MORNING SESSION**

Parent and Tot: 11:30-12:00

Preschool: 10:00-10:30 **OR** 10:30-11:00 **OR** 11:00 – 11:30 **OR** 11:30-12:00

Level 1: second week of lessons

Level 2: second week of lessons

Level 3: second week of lessons

Level 4: 9:00-9:45 **OR** 10:30–11:15

Level 5/6: 9:00-9:45 **OR** 10:00–10:45

Level 7/8: 11:00–12:00

Level 9/10: N/A

## **EVENING SESSION**

Parent & Tot: **N/A**

Preschool: 5:00–5:30 **OR** 5:30-6:00

Level 1: second week of lessons

Level 2: second week of lessons

Level 3: second week of lessons

Level 4: 4:30-5:15

Level 5/6: 5:00 – 5:45

Level 7/8: **N/A**

Level 9/10: 4:30–5:30

## **Session 6: July 29 – August 2**

\*Levels 1-3 are all 2 week sessions\* (July 29-Aug 9)

### **MORNING SESSIONS**

Parent and Tot: 11:30-12:00

Preschool: 10:00-10:30 **OR** 10:30-11:00 **OR** 11:00 – 11:30

Level 1: 9:00–9:30 **OR** 10:00-10:30 **OR** 10:30-11:00 **OR** 11:00-11:30

Level 2: 9:30-10:00 **OR** 10:00-10:30 **OR** 11:30-12:00

Level 3: 9:30-10:00 **OR** 10:00-10:30 **OR** 10:30-11:00

Level 4: 9:00-9:45 **OR** 10:30-11:15

Level 5/6: 9:00-9:45

Level 7/8: 10:00-11:00

Level 9/10: 11:00-12:00

### **EVENING SESSIONS**

Parent & Tot: 5:30 – 6:00

Preschool: 5:00-5:30

Level 1: 4:30-5:00 **OR** 5:30-6:00

Level 2: 5:30-6:00

Level 3: 4:30-5:00

Level 4: 4:30 – 5:15

Level 5/6: 5:00 – 5:45

Level 7/8: 4:30 – 5:30

Level 9/10: **N/A**

## **Session 7: August 5 - 9**

\*Second week of lessons for levels 1-3\*

### **MORNING SESSION**

Parent and Tot: 11:30-12:00

Preschool: 10:00-10:30 **OR** 10:30-11:00 **OR** 11:00–11:30 **OR** 11:30-12:00

Level 1: second week of lessons

Level 2: second week of lessons

Level 3: second week of lessons

Level 4: 9:00-9:45 **OR** 10:30 – 11:15

Level 5/6: 9:00-9:45

Level 7/8: 11:00–12:00

Level 9/10: **N/A**

## **EVENING SESSION**

Parent & Tot: **N/A**

Preschool: 5:00–5:30 **OR** 5:30-6:00

Level 1: second week of lessons

Level 2: second week of lessons

Level 3: second week of lessons

Level 4: 4:30-5:15

Level 5/6: 5:00–5:45

Level 7/8: **N/A**

Level 9/10: 4:30–5:30

## **Session 8: August 12 - 23**

**\*All Lessons this session are 2 week sessions excluding Preschool\***

**\*No Parent & Tot Lessons this Session\***

## **MORNING SESSION**

Parent & Tot: **N/A**

Preschool: 10:00–10:30 **OR** 10:30-11:00 **OR** 11:00–11:30 **OR** 11:30-12:00

**\*Preschool will run from August 12-16 as Session 8 A and then again from August 19-23 as Session 8 B\***

Level 1: 9:00 – 9:30 **OR** 10:00-10:30 **OR** 10:30-11:00 **OR** 11:00-11:30

Level 2: 9:30-10:00 **OR** 10:00-10:30 **OR** 11:30-12:00

Level 3: 9:30-10:00 **OR** 10:00-10:30 **OR** 10:30-11:00

Level 4: 9:00-9:45 **OR** 10:30-11:15 **OR** 11:15-12:00

Level 5/6: 9:00-9:45 **OR** 10:00–10:45

Level 7/8: 10:00-11:00

Level 9/10: 11:00-12:00

## **EVENING SESSION**

Parent & Tot: **N/A**

Preschool: 5:00-5:30

**\*Preschool will run from August 12-16 as Session 8 A and then again from August 19-23 as Session 8 B\***

Level 1: 4:30-5:00 **OR** 5:30-6:00

Level 2: 5:30-6:00

Level 3: 4:30-5:00 **OR** 5:15–5:45

Level 4: 4:30–5:15

Level 5/6: 4:30-5:15 **OR** 5:15–6:00

Level 7/8: 4:30–5:30

Level 9/10: **N/A**

**Bronze Medallion/Cross Course**

Session 4: 2-week session - July 15 – 19 & July 22- 26th - 8:30 -11:30 AM

Exam: Saturday, July 27<sup>th</sup>

**ADULT SWIM LESSONS**

Month of July: First four Tuesdays from - 8:30-9:30 PM

July 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>

**\*NEW PROGRAM: PADDLE BOARD YOGA – REGISTRATION REQUIRED, LIMITED SPOTS AVAILABLE**

Month of August: Tuesdays

August 6<sup>th</sup> – 8:30 – 9:30 pm

August 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> - 8:00 – 9:00 pm