

Summer Swim Lessons
Location: DMS Swimming Pool

Summer registration opens April 7th, 2026 at 9:00 am

Summer Preschool 1 Swim Lessons- \$64, 4 Sessions per course

Water entry, breath control, front and back floating, gliding, rolling, flutter kick, whip kick, elementary backstroke, freestyle, backstroke, treading water, orientation to deep water, and safety

Tue Jun 2 - Fri Jun 5, 12:45 - 1:20 pm; PK1SL100
Mon Jun 8 - Thu Jun 11, 11:45 am - 12:20 pm;
PK1SL101
Mon Jun 8 - Thu Jun 11, 3:30 - 4:05 pm; PK1SL102
Mon Jun 15 - Thu Jun 18, 12:45 - 1:20 pm; PK1SL103
Mon Jun 15 - Thu Jun 18, 4:30 - 5:05 pm; PK1SL104
Mon Jun 22 - Thu Jun 25, 3:30 - 4:05 pm; PK1SL105

Mon Jun 22 - Thu Jun 25, 6:15 - 6:50 pm; PK1SL106
Mon Jul 6 - Thu Jul 9, 3:30 - 4:05 pm; PK1SL107
Mon Jul 13 - Thu Jul 16, 11:45 am - 12:20 pm;
PK1SL108
Mon Jul 20 - Thu Jul 23, 11:45 am - 12:20 pm;
PK1SL109
Mon Jul 20 - Thu Jul 23, 3:30 - 4:05 pm; PK1SL110

Summer Preschool 2 Swim Lessons- \$64, 4 Sessions per course

Building on Preschool 1 skills with a focus on depth and perfecting individual skills.

Tue Jun 2 - Fri Jun 5, 3:30 - 4:05 pm; PK2SL100
Mon Jun 8 - Thu Jun 11, 6:15 - 7:00 pm; PK2SL101
Mon Jun 15 - Thu Jun 18, 6:15 - 7:00 pm; PK2SL102
Mon Jul 6 - Thu Jul 9, 4:30 - 5:15 pm; PK2SL103

Mon Jul 13 - Thu Jul 16, 12:45 - 1:20 pm; PK2SL104
Mon Jul 13 - Thu Jul 16, 4:30 - 5:05 pm; PK2SL105
Mon Jul 20 - Thu Jul 23, 12:45 - 1:20 pm; PK2SL106
Mon Jul 20 - Thu Jul 23, 4:30 - 5:05 pm; PK2SL107

Summer Beginner 1 Swim Lessons- \$69, 4 Sessions per course

Jumping into chest-deep water, submerging and retrieving objects, bobbing, floating, gliding, changing direction, combining arms and legs for freestyle and backstroke, treading water, deep water activities, jumping in deep water with a life jacket, safety.

Tue Jun 2 - Fri Jun 5, 11:45 am - 12:30 pm; B1SL100
Tue Jun 2 - Fri Jun 5, 2:30 - 3:15 pm; B1SL101
Mon Jun 8 - Thu Jun 11, 11:45 am - 12:15 pm; B1SL102
Mon Jun 8 - Thu Jun 11, 12:45 - 1:30 pm; B1SL103
Mon Jun 8 - Thu Jun 11, 2:30 - 3:15 pm; B1SL104
Mon Jun 8 - Thu Jun 11, 4:30 - 5:15 pm; B1SL105
Mon Jun 8 - Thu Jun 11, 6:15 - 7:00 pm; B1SL106
Mon Jun 15 - Thu Jun 18, 11:45 am - 12:30 pm;
B1SL107
Mon Jun 15 - Thu Jun 18, 11:45 am - 12:30 pm;
B1SL108
Mon Jun 15 - Thu Jun 18, 3:30 - 4:15 pm; B1SL109
Mon Jun 15 - Thu Jun 18, 4:30 - 5:15 pm; B1SL110
Mon Jun 15 - Thu Jun 18, 6:15 - 7:00 pm; B1SL111
Mon Jun 22 - Thu Jun 25, 4:30 - 5:15 pm; B1SL112

Mon Jun 22 - Thu Jun 25, 6:15 - 7:00 pm; B1SL113
Mon Jun 29 - Thu Jul 2, 11:45 am - 12:30 pm; B1SL114
Mon Jun 29 - Thu Jul 2, 3:30 - 4:15 pm; B1SL115
Mon Jul 6 - Thu Jul 9, 3:30 - 4:15 pm; B1SL116
Mon Jul 6 - Thu Jul 9, 6:15 - 7:00 pm; B1SL117
Mon Jul 13 - Thu Jul 16, 11:45 am - 12:30 pm; B1SL118
Mon Jul 13 - Thu Jul 16, 12:45 - 1:30 pm; B1SL119
Mon Jul 13 - Thu Jul 16, 3:30 - 4:15 pm; B1SL120
Mon Jul 13 - Thu Jul 16, 6:15 - 7:00 pm; B1SL121
Mon Jul 13 - Thu Jul 16, 6:15 - 7:00 pm; B1SL122
Mon Jul 20 - Thu Jul 23, 11:45 am - 12:30 pm; B1SL123
Mon Jul 20 - Thu Jul 23, 12:45 - 1:30 pm; B1SL124
Mon Jul 20 - Thu Jul 23, 2:30 - 3:15 pm; B1SL125
Mon Jul 20 - Thu Jul 23, 2:30 - 3:15 pm; B1SL126
Mon Jul 20 - Thu Jul 23, 6:15 - 7:00 pm; B1SL127

Summer Beginner 2 Swim Lessons- \$69, 4 Sessions per course

Extending duration and combining skills from Beginner 1, introducing rotary breathing and a sitting dive.

Tue Jun 2 - Fri Jun 5, 12:45 - 1:30 pm; B2SL100
 Tue Jun 2 - Fri Jun 5, 12:45 - 1:30 pm; B2SL101
 Tue Jun 2 - Fri Jun 5, 3:30 - 4:15 pm; B2SL102
 Mon Jun 8 - Thu Jun 11, 11:45 am - 12:30 pm; B2SL103
 Mon Jun 8 - Thu Jun 11, 2:30 - 3:15 pm; B2SL104
 Mon Jun 8 - Thu Jun 11, 3:30 - 4:15 pm; B2SL105
 Mon Jun 8 - Thu Jun 11, 4:30 - 5:15 pm; B2SL106
 Mon Jun 8 - Thu Jun 11, 6:15 - 7:00 pm; B2SL107
 Mon Jun 15 - Thu Jun 18, 12:45 - 1:30 pm; B2SL108
 Mon Jun 15 - Thu Jun 18, 2:30 - 3:15 pm; B2SL109
 Mon Jun 15 - Thu Jun 18, 4:30 - 5:15 pm; B2SL110
 Mon Jun 22 - Thu Jun 25, 2:30 - 3:15 pm; B2SL111
 Mon Jun 22 - Thu Jun 25, 3:30 - 4:15 pm; B2SL112
 Mon Jun 22 - Thu Jun 25, 4:30 - 5:15 pm; B2SL113
 Mon Jun 22 - Thu Jun 25, 6:15 - 7:00 pm; B2SL114

Mon Jun 29 - Thu Jul 2, 12:45 - 1:30 pm; B2SL115
 Mon Jun 29 - Thu Jul 2, 12:45 - 1:30 pm; B2SL116
 Mon Jun 29 - Thu Jul 2, 3:30 - 4:15 pm; B2SL117
 Mon Jul 6 - Thu Jul 9, 2:30 - 3:15 pm; B2SL118
 Mon Jul 6 - Thu Jul 9, 6:15 - 7:00 pm; B2SL119
 Mon Jul 13 - Thu Jul 16, 11:45 am - 12:30 pm; B2SL120
 Mon Jul 13 - Thu Jul 16, 3:30 - 4:15 pm; B2SL121
 Mon Jul 13 - Thu Jul 16, 3:30 - 4:15 pm; B2SL122,
 Mon Jul 13 - Thu Jul 16, 6:15 - 7:00 pm; B2SL123
 Mon Jul 20 - Thu Jul 23, 11:45 am - 12:30 pm;
 B2SL124,
 Mon Jul 20 - Thu Jul 23, 3:30 - 4:15 pm; B2SL125
 Mon Jul 20 - Thu Jul 23, 4:30 - 5:15 pm; B2SL126
 Mon Jul 20 - Thu Jul 23, 6:15 - 7:00 pm; B2SL127

Summer Intermediate 3 Swim Lessons- \$69, 4 Sessions per course

Jumping into deep water, retrieving objects, survival float, back float, rotary breathing, streamlining kicks, various strokes, endurance building, kneeling and standing dives.

Tue Jun 2 - Fri Jun 5, 11:45 am - 12:30 pm; IM3SL100
 Tue Jun 2 - Fri Jun 5, 12:45 - 1:30 pm; IM3SL101
 Tue Jun 2 - Fri Jun 5, 3:30 - 4:15 pm; IM3SL102
 Mon Jun 8 - Thu Jun 11, 11:45 am - 12:30 pm; IM3SL103
 Mon Jun 8 - Thu Jun 11, 12:45 - 1:30 pm; IM3SL104
 Mon Jun 8 - Thu Jun 11, 4:30 - 5:15 pm; IM3SL105
 Mon Jun 15 - Thu Jun 18, 11:45 am - 12:30 pm; IM3SL106
 Mon Jun 15 - Thu Jun 18, 12:45 - 1:30 pm; IM3SL107
 Mon Jun 15 - Thu Jun 18, 3:30 - 4:15 pm; IM3SL108
 Mon Jun 15 - Thu Jun 18, 4:30 - 5:15 pm; IM3SL109
 Mon Jun 22 - Thu Jun 25, 3:30 - 4:15 pm; IM3SL110
 Mon Jun 22 - Thu Jun 25, 4:30 - 5:15 pm; IM3SL111

Mon Jun 22 - Thu Jun 25, 6:15 - 7:00 pm; IM3SL112
 Mon Jun 29 - Thu Jul 2, 11:45 am - 12:30 pm; IM3SL113
 Mon Jun 29 - Thu Jul 2, 12:45 - 1:30 pm; IM3SL114
 Mon Jun 29 - Thu Jul 2, 3:30 - 4:15 pm; IM3SL115
 Mon Jul 6 - Thu Jul 9, 2:30 - 3:15 pm; IM3SL116
 Mon Jul 6 - Thu Jul 9, 4:30 - 5:15 pm; IM3SL117
 Mon Jul 13 - Thu Jul 16, 11:45 am - 12:30 pm; IM3SL118
 Mon Jul 13 - Thu Jul 16, 12:45 - 1:30 pm; IM3SL119
 Mon Jul 13 - Thu Jul 16, 4:30 - 5:15 pm; IM3SL120
 Mon Jul 20 - Thu Jul 23, 3:30 - 4:15 pm; IM3SL121
 Mon Jul 20 - Thu Jul 23, 4:30 - 5:15 pm; IM3SL122
 Mon Jul 20 - Thu Jul 23, 6:15 - 7:00 pm; IM3SL123

Summer Intermediate 4 Swim Lessons- \$69, 4 Sessions per course

Swimming underwater, perfecting kicks, various strokes for longer distances, changing direction, surface dive, survival float, back float, and building endurance.

Tue Jun 2 - Fri Jun 5, 11:45 am - 12:30 pm; IM4SL100
 Mon Jun 8 - Thu Jun 11, 3:30 - 4:15 pm; IM4SL101
 Mon Jun 8 - Thu Jun 11, 4:30 - 5:15 pm; IM4SL102
 Mon Jun 15 - Thu Jun 18, 12:45 - 1:30 pm; IM4SL103
 Mon Jun 15 - Thu Jun 18, 2:30 - 3:15 pm; IM4SL104
 Mon Jun 15 - Thu Jun 18, 6:15 - 7:00 pm; IM4SL105
 Mon Jun 22 - Thu Jun 25, 4:30 - 5:15 pm; IM4SL106
 Mon Jun 29 - Thu Jul 2, 11:45 am - 12:30 pm;

IM4SL107
 Mon Jun 29 - Thu Jul 2, 12:45 - 1:30 pm; IM4SL108
 Mon Jul 6 - Thu Jul 9, 2:30 - 3:15 pm; IM4SL109
 Mon Jul 13 - Thu Jul 16, 12:45 - 1:30 pm; IM4SL110
 Mon Jul 13 - Thu Jul 16, 4:30 - 5:15 pm; IM4SL111
 Mon Jul 13 - Thu Jul 16, 6:15 - 7:00 pm; IM4SL112
 Mon Jul 20 - Thu Jul 23, 12:45 - 1:30 pm; IM4SL113
 Mon Jul 20 - Thu Jul 23, 4:30 - 5:15 pm; IM4SL114

Summer Advanced 5 Swim Lessons- \$69, 4 Sessions per course

Advanced 5 focuses on refining stroke technique and building endurance. Swimmers practice rotary breathing, multiple kicks, longer-distance strokes, open turns, diving, and treading water. They complete survival and back floats, a continuous swim, and learn basic water safety, how to call for help, and the importance of first aid and CPR.

Tue Jun 2 - Fri Jun 5, 11:45 am - 12:30 pm; AV5SL100
 Tue Jun 2 - Fri Jun 5, 3:30 - 4:15 pm; AV5SL101
 Mon Jun 8 - Thu Jun 11, 3:30 - 4:15 pm; AV5SL102
 Mon Jun 15 - Thu Jun 18, 11:45 am - 12:30 pm;
 AV5SL103
 Mon Jun 15 - Thu Jun 18, 6:15 - 7:00 pm; AV5SL104

Mon Jun 29 - Thu Jul 2, 11:45 am - 12:30 pm;
 AV5SL105
 Mon Jul 6 - Thu Jul 9, 6:15 - 7:00 pm; AV5SL106
 Mon Jul 13 - Thu Jul 16, 2:30 - 3:15 pm; AV5SL107
 Mon Jul 20 - Thu Jul 23, 3:30 - 4:15 pm; AV5SL108

Summer Advanced 6 Swim Lessons- \$69, 4 Sessions per course

Advanced 6 refines stroke technique, endurance, and competitive skills. Swimmers focus on efficient body position, longer-distance swimming, flip turns, starts, and use of swim equipment and a pace clock. They build survival skills with extended treading, floating, and safety positions, and learn basic open water and boating safety rules.

Tue Jun 2 - Fri Jun 5, 2:30 - 3:15 pm; AV6SL100
 Mon Jun 8 - Thu Jun 11, 12:45 - 1:30 pm; AV6SL101
 Mon Jun 15 - Thu Jun 18, 3:30 - 4:15 pm; AV6SL102
 Mon Jun 22 - Thu Jun 25, 2:30 - 3:15 pm; AV6SL103

Mon Jun 29 - Thu Jul 2, 3:30 - 4:15 pm; AV6SL104
 Mon Jun 29 - Thu Jul 2, 4:30 - 5:15 pm; AV6SL105
 Mon Jul 6 - Thu Jul 9, 4:30 - 5:15 pm; AV6SL106
 Mon Jul 20 - Thu Jul 23, 11:45 am - 12:30 pm;
 AV6SL107

Summer Private Swim Lessons- \$89, 4 Sessions per course

Private lessons, for children ages 5 and up, offer personalized instruction tailored to individual goals. Ideal for kids needing extra help with specific swimming skills, lessons are customized by the instructor, participant, and parents to meet those goals, providing focused, one-on-one attention.

Tue Jun 2 - Fri Jun 5, 11:00 - 11:30 am; PSL01
 Tue Jun 2 - Fri Jun 5, 11:00 - 11:30 am; PSL02
 Tue Jun 2 - Fri Jun 5, 11:00 - 11:30 am; PSL03
 Tue Jun 2 - Fri Jun 5, 11:00 - 11:30 am; PSL04
 Tue Jun 2 - Fri Jun 5, 1:45 - 2:15 pm; PSL05
 Tue Jun 2 - Fri Jun 5, 1:45 - 2:15 pm; PSL06
 Tue Jun 2 - Fri Jun 5, 1:45 - 2:15 pm; PSL07
 Tue Jun 2 - Fri Jun 5, 1:45 - 2:15 pm; PSL08
 Tue Jun 2 - Fri Jun 5, 2:30 - 3:00 pm; PSL09
 Tue Jun 2 - Fri Jun 5, 2:30 - 3:00 pm; PSL10
 Tue Jun 2 - Fri Jun 5, 4:30 - 5:00 pm; PSL11
 Tue Jun 2 - Fri Jun 5, 4:30 - 5:00 pm; PSL12
 Tue Jun 2 - Fri Jun 5, 4:30 - 5:00 pm; PSL13
 Tue Jun 2 - Fri Jun 5, 4:30 - 5:00 pm; PSL14
 Mon Jun 8 - Thu Jun 11, 11:00 - 11:30 am; PSL15
 Mon Jun 8 - Thu Jun 11, 11:00 - 11:30 am; PSL16
 Mon Jun 8 - Thu Jun 11, 11:00 - 11:30 am; PSL17
 Mon Jun 8 - Thu Jun 11, 11:00 - 11:30 am; PSL18
 Mon Jun 8 - Thu Jun 11, 1:45 - 2:15 pm; PSL19
 Mon Jun 8 - Thu Jun 11, 1:45 - 2:15 pm; PSL20
 Mon Jun 8 - Thu Jun 11, 1:45 - 2:15 pm; PSL21
 Mon Jun 8 - Thu Jun 11, 1:45 - 2:15 pm; PSL22
 Mon Jun 8 - Thu Jun 11, 2:30 - 3:00 pm; PSL23
 Mon Jun 8 - Thu Jun 11, 2:30 - 3:00 pm; PSL24
 Mon Jun 8 - Thu Jun 11, 5:30 - 6:00 pm; PSL25
 Mon Jun 8 - Thu Jun 11, 5:30 - 6:00 pm; PSL26
 Mon Jun 8 - Thu Jun 11, 5:30 - 6:00 pm; PSL27
 Mon Jun 8 - Thu Jun 11, 5:30 - 6:00 pm; PSL28
 Mon Jun 15 - Thu Jun 18, 11:00 - 11:30 am; PSL29
 Mon Jun 15 - Thu Jun 18, 11:00 - 11:30 am; PSL30

Mon Jun 15 - Thu Jun 18, 11:00 - 11:30 am; PSL31
 Mon Jun 15 - Thu Jun 18, 11:00 - 11:30 am; PSL32
 Mon Jun 15 - Thu Jun 18, 1:45 - 2:15 pm; PSL33
 Mon Jun 15 - Thu Jun 18, 1:45 - 2:15 pm; PSL34
 Mon Jun 15 - Thu Jun 18, 1:45 - 2:15 pm; PSL35
 Mon Jun 15 - Thu Jun 18, 1:45 - 2:15 pm; PSL36
 Mon Jun 15 - Thu Jun 18, 2:30 - 3:00 pm; PSL37
 Mon Jun 15 - Thu Jun 18, 2:30 - 3:00 pm; PSL38
 Mon Jun 15 - Thu Jun 18, 5:30 - 6:00 pm; PSL39
 Mon Jun 15 - Thu Jun 18, 5:30 - 6:00 pm; PSL40
 Mon Jun 15 - Thu Jun 18, 5:30 - 6:00 pm; PSL41
 Mon Jun 15 - Thu Jun 18, 5:30 - 6:00 pm; PSL42
 Mon Jun 22 - Thu Jun 25, 11:00 - 11:30 am; PSL43
 Mon Jun 22 - Thu Jun 25, 11:00 - 11:30 am; PSL44
 Mon Jun 22 - Thu Jun 25, 11:00 - 11:30 am; PSL45
 Mon Jun 22 - Thu Jun 25, 11:00 - 11:30 am; PSL46
 Mon Jun 22 - Thu Jun 25, 1:45 - 2:15 pm; PSL47
 Mon Jun 22 - Thu Jun 25, 1:45 - 2:15 pm; PSL48,
 Mon Jun 22 - Thu Jun 25, 1:45 - 2:15 pm; PSL49
 Mon Jun 22 - Thu Jun 25, 1:45 - 2:15 pm; PSL50
 Mon Jun 22 - Thu Jun 25, 2:30 - 3:00 pm; PSL51
 Mon Jun 22 - Thu Jun 25, 2:30 - 3:00 pm; PSL52
 Mon Jun 22 - Thu Jun 25, 5:30 - 6:00 pm; PSL53
 Mon Jun 22 - Thu Jun 25, 5:30 - 6:00 pm; PSL54
 Mon Jun 22 - Thu Jun 25, 5:30 - 6:00 pm; PSL55
 Mon Jun 22 - Thu Jun 25, 5:30 - 6:00 pm; PSL56,
 Mon Jun 29 - Thu Jul 2, 11:00 - 11:30 am; PSL57
 Mon Jun 29 - Thu Jul 2, 11:00 - 11:30 am; PSL58
 Mon Jun 29 - Thu Jul 2, 11:00 - 11:30 am; PSL59
 Mon Jun 29 - Thu Jul 2, 11:00 - 11:30 am; PSL60

Mon Jun 29 - Thu Jul 2, 2:00 - 2:30 pm; PSL61
 Mon Jun 29 - Thu Jul 2, 2:00 - 2:30 pm; PSL62
 Mon Jun 29 - Thu Jul 2, 2:00 - 2:30 pm; PSL63
 Mon Jun 29 - Thu Jul 2, 2:45 - 3:15 pm; PSL64
 Mon Jun 29 - Thu Jul 2, 2:45 - 3:15 pm; PSL65
 Mon Jun 29 - Thu Jul 2, 2:45 - 3:15 pm; PSL66
 Mon Jun 29 - Thu Jul 2, 2:45 - 3:15 pm; PSL67
 Mon Jun 29 - Thu Jul 2, 4:30 - 5:00 pm; PSL68
 Mon Jun 29 - Thu Jul 2, 4:30 - 5:00 pm; PSL69
 Mon Jun 29 - Thu Jul 2, 4:30 - 5:00 pm; PSL70
 Mon Jul 6 - Thu Jul 9, 1:45 - 2:15 pm; PSL71
 Mon Jul 6 - Thu Jul 9, 1:45 - 2:15 pm; PSL72
 Mon Jul 6 - Thu Jul 9, 1:45 - 2:15 pm; PSL73
 Mon Jul 6 - Thu Jul 9, 1:45 - 2:15 pm; PSL74
 Mon Jul 6 - Thu Jul 9, 3:30 - 4:00 pm; PSL75
 Mon Jul 6 - Thu Jul 9, 3:30 - 4:00 pm; PSL76
 Mon Jul 6 - Thu Jul 9, 5:30 - 6:00 pm; PSL77
 Mon Jul 6 - Thu Jul 9, 5:30 - 6:00 pm; PSL78
 Mon Jul 6 - Thu Jul 9, 5:30 - 6:00 pm; PSL79
 Mon Jul 6 - Thu Jul 9, 5:30 - 6:00 pm; PSL80
 Mon Jul 13 - Thu Jul 16, 11:00 - 11:30 am; PSL81
 Mon Jul 13 - Thu Jul 16, 11:00 - 11:30 am; PSL82
 Mon Jul 13 - Thu Jul 16, 11:00 - 11:30 am; PSL83
 Mon Jul 13 - Thu Jul 16, 11:00 - 11:30 am; PSL84

Mon Jul 13 - Thu Jul 16, 1:45 - 2:15 pm; PSL85
 Mon Jul 13 - Thu Jul 16, 1:45 - 2:15 pm; PSL86
 Mon Jul 13 - Thu Jul 16, 1:45 - 2:15 pm; PSL87
 Mon Jul 13 - Thu Jul 16, 1:45 - 2:15 pm; PSL88
 Mon Jul 13 - Thu Jul 16, 2:30 - 3:00 pm; PSL89
 Mon Jul 13 - Thu Jul 16, 2:30 - 3:00 pm; PSL90
 Mon Jul 13 - Thu Jul 16, 5:30 - 6:00 pm; PSL91
 Mon Jul 13 - Thu Jul 16, 5:30 - 6:00 pm; PSL92
 Mon Jul 13 - Thu Jul 16, 5:30 - 6:00 pm; PSL93
 Mon Jul 13 - Thu Jul 16, 5:30 - 6:00 pm; PSL94
 Mon Jul 20 - Thu Jul 23, 11:00 - 11:30 am; PSL95
 Mon Jul 20 - Thu Jul 23, 11:00 - 11:30 am; PSL96
 Mon Jul 20 - Thu Jul 23, 11:00 - 11:30 am; PSL97
 Mon Jul 20 - Thu Jul 23, 12:45 - 1:15 pm; PSL98
 Mon Jul 20 - Thu Jul 23, 1:45 - 2:15 pm; PSL99
 Mon Jul 20 - Thu Jul 23, 1:45 - 2:15 pm; PSL100
 Mon Jul 20 - Thu Jul 23, 1:45 - 2:15 pm; PSL101
 Mon Jul 20 - Thu Jul 23, 1:45 - 2:15 pm; PSL102
 Mon Jul 20 - Thu Jul 23, 2:30 - 3:00 pm; PSL103
 Mon Jul 20 - Thu Jul 23, 5:30 - 6:00 pm; PSL104
 Mon Jul 20 - Thu Jul 23, 5:30 - 6:00 pm; PSL105
 Mon Jul 20 - Thu Jul 23, 5:30 - 6:00 pm; PSL106
 Mon Jul 20 - Thu Jul 23, 5:30 - 6:00 pm; PSL107

Diving Clinic (Grade 6-12)- \$200, 4 Sessions Per Course

Learn basic skills, build your core strength and work toward dives for competition from all categories. A video replay system will be used. For youth in grades 6th-12th (2025-2026 School Year). Previous diving experience of any kind is preferred. The first 20 minutes of practice will be dry land workouts, followed by water diving training. Call for a discounted price of \$170 if registering for both sessions.

Instructor: Aaron Rooney (8-time Coach of the Year recipient)

Mon Jul 13 - Thu Jul 16, 12:00 - 2:00 pm; DC100
 Mon Jul 20 - Thu Jul 23, 12:00 - 2:00 pm; DC200