

# WEEKLY SWIM SCHEDULE (6/29-7/31/26)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15am	Swim Team (8:15-9:45am)	Swim Team (8:15-9:45am)	Swim Team (8:15-9:45am)	Swim Team (8:15-9:45am)	Swim Team (8:15-9:45am)	<i>Only on</i>	
8:30am						<i>these dates:</i>	
8:45am						6/6, 6/13	
9:00am						6/20, 6/27	
9:15am						7/18	
9:30am							
10:00am	L2, L3, L5	L2, L3, L5	L2, L3, L5	L2, L3, L5	L2, L3, L5	L2, L3, L5	Swim Team (10-11:30am)  and  Adult Lap Swim (10am-12pm)
10:30am	L2, L3, L4	L2, L3, L4	L2, L3, L4	L2, L3, L4	L2, L3, L4	L2, L3, L4	
11:00am	L1, L4	L1, L4	L1, L4	L1, L4	L1, L4	L1, L4	
11:30am	L1, L5	L1, L5	L1, L5	L1, L5	L1, L5	L1, L5	
6:30-8pm <sup>#</sup>			Swim Team				

Swim Lessons are offered as week-long sessions OR Saturdays (on select dates listed)

All swim lesson sessions include five 30min lessons (L = level- see explanations below)

*swim lesson makeups will be by drop-in 7/25 (Sat) and 8/3-8/7 (M-F)*

<sup>#</sup>a portion of the pool will still be open to members

## SWIM MEETS (pool closes at 4pm for home meets)

- i. -Tuesday June 30th home against Sudbury. 530pm warm up and 6pm start
- ii. -Saturday July 11th away against Codman. 830am warm up and 9am start.
- iii. -Tuesday July 21st away at The Thoreau Club. 530pm warm up and 6pm start
- iv. -Monday July 27th home against the Greenwood Club. 530pm warm up and 6pm start.
- v. -Saturday August 1st Championships at The Thoreau Club. 8am warm up and 9am start.
- vi. I want to schedule the Winchester meet either the week of July 6th or 13th

Drop-ins are allowed ONLY if space permits.

Register for ONE session only so that everyone has an opportunity; we will open it up for additional sign-ups later on as space permits.

Please sign up your child for the level that you think is appropriate:

- **Level 1** – New swimmer. Cannot be in the pool unassisted. Children must be potty trained and willing to get into the pool without a parent.
- **Level 2** – Can support themselves in the pool (doggy paddle). Must be able to put face in the water. Begin working on strokes like freestyle and backstroke.
- **Level 3** – Can swim freestyle and backstroke by themselves. Coaches are not always in the pool at this level.
- **Level 4** – Knows all 4 strokes. Improving technique and work on flip turn.
- **Level 5** – Stroke and turn – Perfect for advanced swim team members who are looking for more individual coaching.