



SUMMER GROUP SWIM LESSONS

Group Swim Lessons	Dates	Times
Once a Week <i>4 Lessons Total</i>	June 3, 10, 17, 24 July 8, 15, 22, 29 August 5, 12, 19, 26	MUST PASS SWIM REQUIREMENTS* 3:30 PM <i>Ages 7-15</i> <i>Stages 5 & 6</i> 4 PM-4:30 PM Learn To Lap Swim <i>Ages 16+</i> <i>Stages 5 & 6</i>
Twice a Week <i>4 Lessons Total</i>	June 4, 6, 11, 13 July 9, 11, 16, 18 August 6, 8, 13, 15	4 PM-4:30 PM <i>Ages 3-5</i> <i>Stage 1 & 2 Pre-School</i> <i>Stage 3 & 4 Pre-School</i> 4:45 PM-5:15 PM <i>Ages 6-12</i> <i>Stage 1 & 2 School Age</i> <i>Stage 3 & 4 School Age</i> 5:30 PM-6 PM <i>Teens Ages 13-17</i> <i>Stages 1 & 2</i> Adults Ages 18+ <i>Stages 1 & 2</i>

**\$60 E1-E5
AD/DEPENDENTS**

**\$75
ALL OTHERS**

**REGISTER AT
Dahlgren Aquatics**
 6110 Jenkins Road Bldg 1193
 Dahlgren, VA 22448

For more information
 call 540-653-8088 or
 email tarina.h.silvis.naf@us.navy.mil

***MUST** pass swim requirements. Swimmers must be able to swim both a 50 Freestyle and a 50 Backstroke without stopping/struggling, and have knowledge of breaststroke, and butterfly.

