

1

2

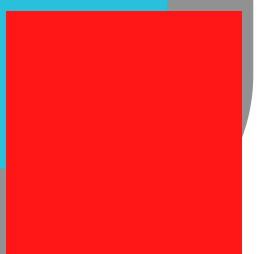
3

4

5

6

6-8 Year Old Swim
50 Yards
(2 Pool Lengths)



In

Out

1

2

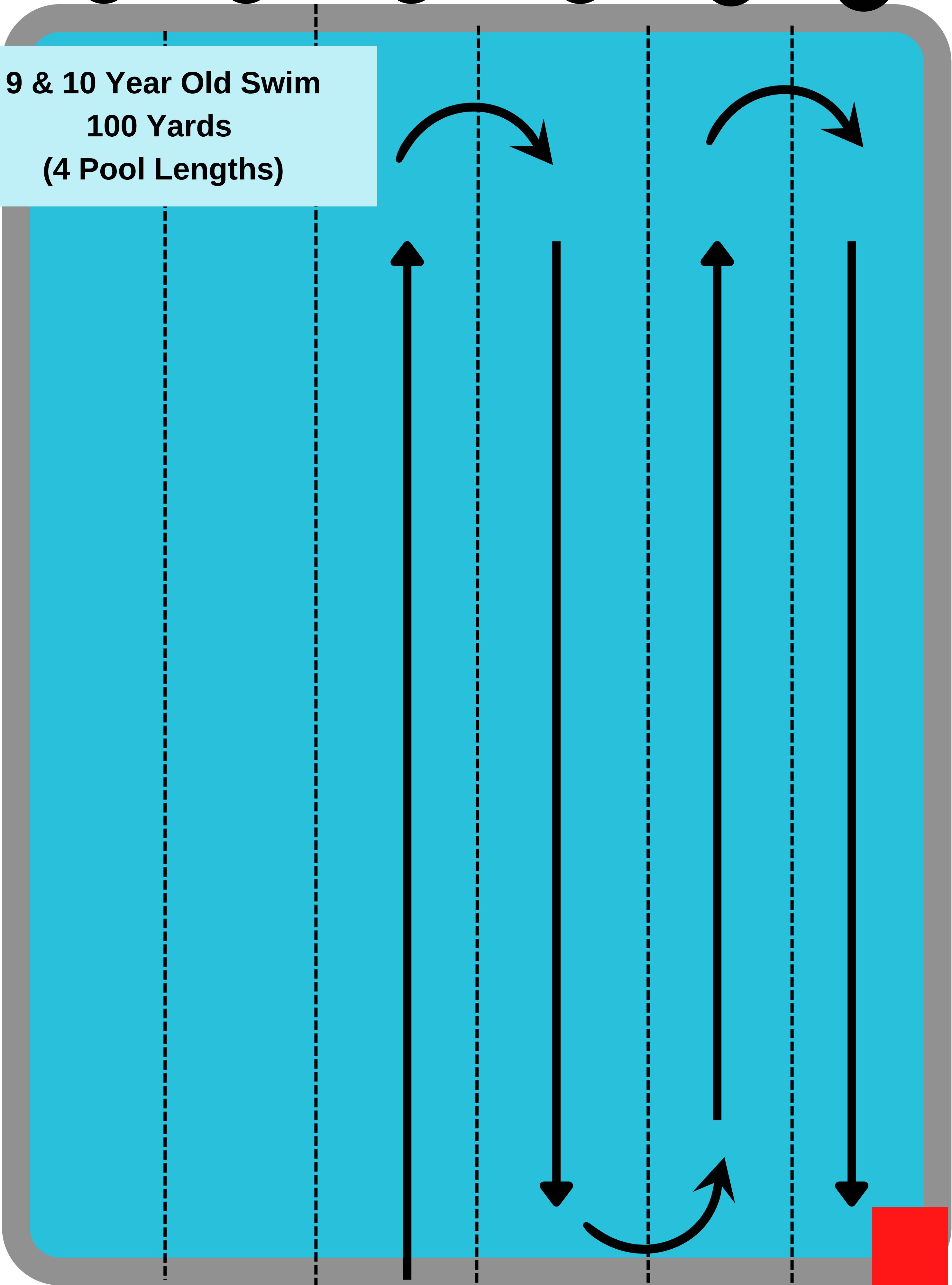
3

4

5

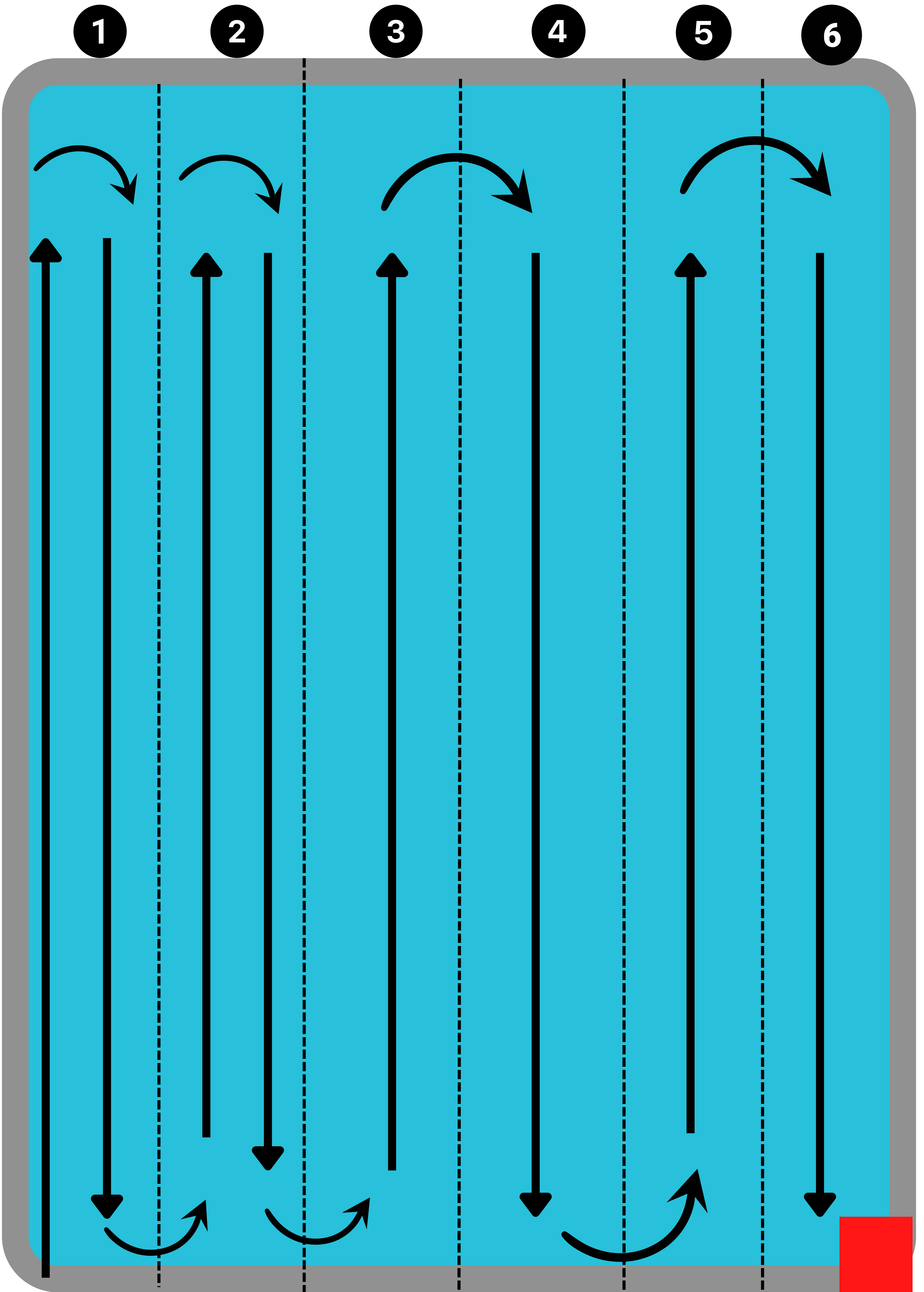
6

9 & 10 Year Old Swim
100 Yards
(4 Pool Lengths)



In

Out



1

2

3

4

5

6

In

Out

11 & 12 Year Old Swim
100 Yards (8 Pool Lengths)