

1

2

3

4

5

6



5-6 Year Old Swim
7-8 Year Old Swim
50 Yards
(2 Pool Lengths)

In

Out



1

2

3

4

5

6

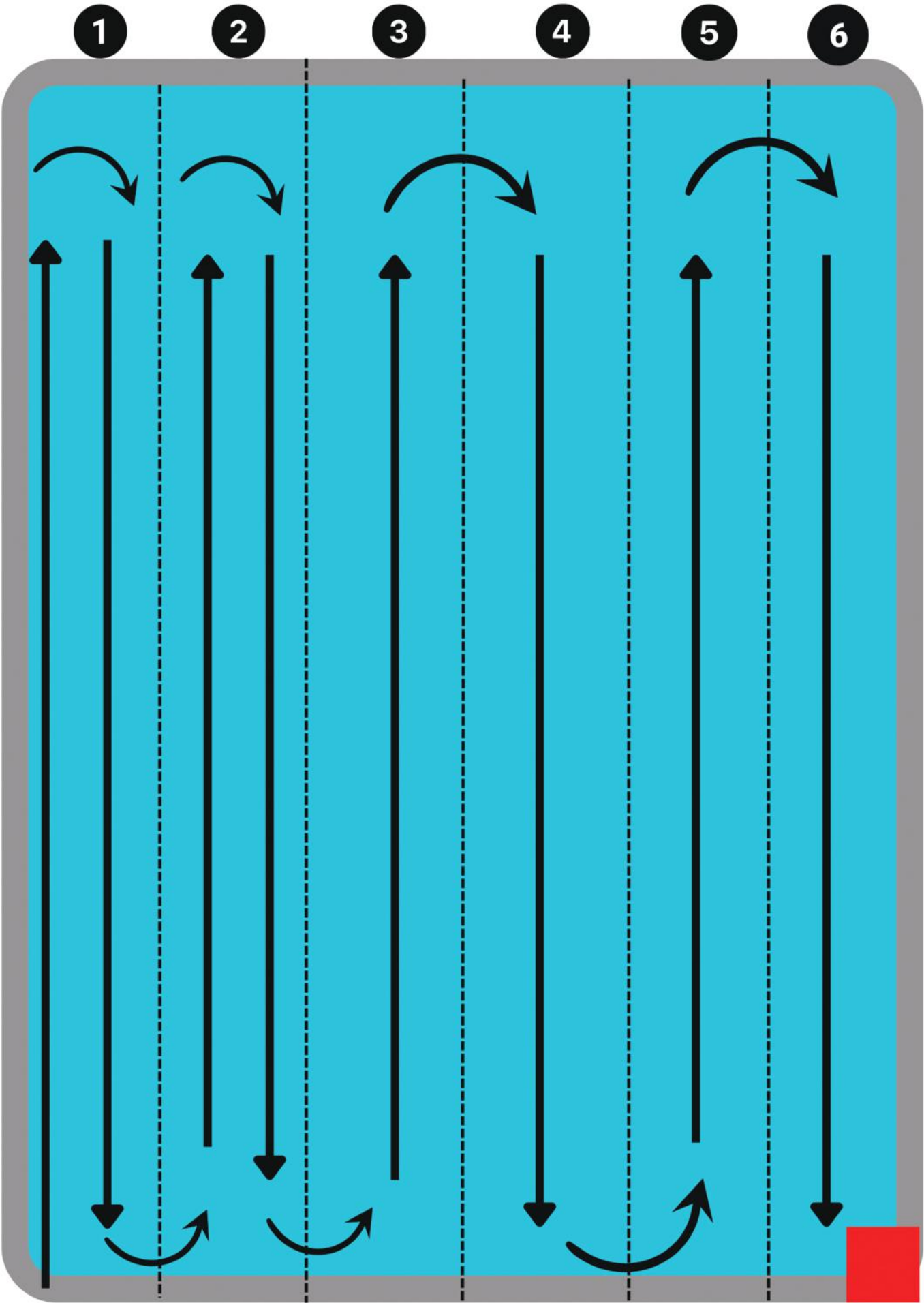
9 & 10 Year Old Swim
100 Yards
(4 Pool Lengths)



In

Out





In

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

Out