



2023 Active Duty Swim Lesson Calendar for TAMC

All classes are held Monday-Friday from 0630-0730

<u>January</u> No Class Available	<u>February</u> No Class Available	<u>March</u> Session#1 Start Date: 20 th End Date: 31 st	<u>April</u> Session#2 Start Date: 10 th End Date: 21 st	<u>May</u> Session#3 Start Date: 8 th End Date: 19 th	<u>June</u> Session#4 Start Date: 5 th End Date: 16 th No Class Wed 7 th
<u>July</u> Session#5 Start Date: 10 th End Date: 21 st	<u>August</u> Session#6 Start Date: 7 th End Date: 18 th	<u>September</u> Session#7 Start Date: 11 th End Date: 22 nd	<u>October</u> Session#8 Start Date: 16 th End Date: 27 th	<u>November</u> No Class Available	<u>December</u> No Class Available

Classes are taught by experienced Army MWR, Red Cross Certified Water Safety Instructors (WSI).

25th INFANTRY DIVISION & U.S. ARMY HAWAII Formal Schools Chapter 3

Class Enrollment: Go to the ATRRS website, use the fillable Military Training Request Form (MTR). Contact your Training NCO/Officer, have them refer to *Appendix A* in the "25th Infantry Division & U.S. Army Hawaii Formal Schools Catalog" found on page 3-1, and follow *Type A* Enrollment Procedures "G3: Learn to Swim Course". Please use this contact as a last resource if you are not able to contact your Training coordinator, you can email Ms. Johnson Training Tech at sandra.j.johnson120.civ@army.mil

- ⇒ **Beginner:** Bubbles (mouth & nose), Floats (front & back), Push-Offs (front & back), Glides (front & back), Flutter Kicks (front & back), Side Breaths, Elementary Back Stroke, Introduction to Front Crawl, Jump into Deep Water, Etc... as well as how to stay safe in and around pools and large bodies of water.
- ⇒ **Intermediate:** Side Breaths, Front Crawl, Elementary Back Stroke, Side Stroke, Breast Stroke, Treading, Endurance, Jump into Deep Water, Deep Water Entrance (foot & head) Etc... as well as how to stay safe in and around pools and large bodies of water.
- ⇒ **Experienced:** Front Crawl Flip Turn, Breast Stroke Open Turn, Front Crawl (laps), Elementary Back Stroke, Side Stroke (laps), Breast Stroke (laps), Treading, Head Entrance in to Front Crawl, Endurance Training, Etc... as well as how to stay safe in and around pools and large bodies of water.

LIFEGURADS ARE NOT INVOLVED IN THE ENROLLMENT PROCESS