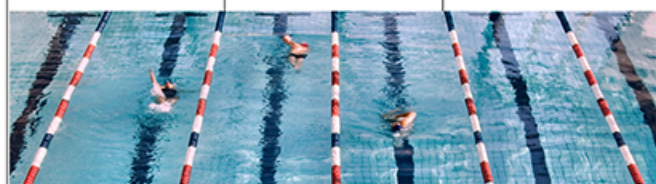


2020 TAMC CALENDAR

"G3" ARMY SWIM LESSONS

<u>January</u>	<u>February</u>	<u>March</u>	<u>April</u>	<u>May</u>	<u>June</u>
No Class Available	<p><u>Class Time:</u> 6:30-7:30 a.m. Monday-Friday</p> <p><u>Session #1:</u> Start Date: Mon., Feb. 3 End Date: Fri., Feb. 14</p> <p>No Class on Wed., Feb. 5</p>	<p><u>Class Time:</u> 6:30-7:30 a.m. Monday-Friday</p> <p><u>Session #2:</u> Start Date: Mon., Mar. 2 End Date: Fri., Mar. 13</p> <p>No Class on Wed., Mar. 4</p> <p><u>Session #3:</u> Start Date: Mon., Mar. 16 End Date: Fri., Mar. 27</p>	<p><u>Class Time:</u> 6:30-7:30 a.m. Monday-Friday</p> <p><u>Session #4:</u> Start Date: Mon., Apr. 6 End Date: Fri., Apr. 17</p> <p><u>Session #5:</u> Start Date: Mon., Apr. 20 End Date: Fri., May 1</p>	<p><u>Class Time:</u> 6:30-7:30 a.m. Monday-Friday</p> <p><u>Session #6:</u> Start Date: Mon., May 11 End Date: Fri., May 22</p>	<p><u>Class Time:</u> 6:30-7:30 a.m. Monday-Friday</p> <p><u>Session #7:</u> Start Date: Mon., Jun 1 End Date: Fri., Jun 12</p> <p>No Class on Wed., Jun 3</p> <p><u>Session #8:</u> Start Date: Mon., Jun. 15 End Date: Fri., Jun. 26</p>
<u>July</u>	<u>August</u>	<u>September</u>	<u>October</u>	<u>November</u>	<u>December</u>
<p><u>Class Time:</u> 6:30-7:30 a.m. Monday-Friday</p> <p><u>Session #9:</u> Start Date: Tue., Jul. 7 End Date: Mon., Jul 20</p>	<p><u>Class Time:</u> 6:30-7:30 a.m. Monday-Friday</p> <p><u>Session #10:</u> Start Date: Mon., Aug. 17 End Date: Fri., Aug. 28</p>	<p><u>Class Time:</u> 6:30-7:30 a.m. Monday-Friday</p> <p><u>Session #11:</u> Start Date: Tue., Sep. 8 End Date: Mon., Sep. 21</p>	No Class Available	No Class Available	No Class Available



NO CLASS ON THE FIRST WEDNESDAY OF EVERY MONTH DUE TO SUPER CHLORINATION.

Classes are taught by experienced certified Water Safety Instructors.

Class Enrollment:

Contact your Training NCO have them refer to Appendix A and follow Type A Enrollment Procedures "Learn to Swim Course".

Beginner: Each individual will begin at different a level.

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: Each individual will begin at different a level.

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: Each individual will begin at different a level.

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.

