

Session 1: Civilians & Active Duty

Pre-Qualification Dates:

Monday, July 12, Wednesday, July 14 - Friday, July 16 Time: 11 a.m.-4 p.m.

Class Date:

Monday, July 19,

Session 2:

SPORTS · FITNESS · AQUATICS

Civilians Only (Saturdays)

Pre-Qualification Dates:

Monday, August 2, Wednesday, August 4 - Friday, August 6 Time: 11 a.m.-4 p.m.

Class Date:

Saturdays,

Session 3: Civilians & Active Duty

Pre-Qualification Dates:

Monday, August 2, Wednesday, August 4 - Friday, August 6 Time: 11 a.m.-4 p.m.

Class Date:

Monday, August 9, Wednesday, August 11 - Friday, August 13 Time: 9 a.m.-5 p.m.

Pre-Qualification Swim

- 1.200 meter Front Crawl
- 2.100 meter Breaststroke
- 3. Tread 2 minute with no hands
- 4. Retrieve an object from water greater than





