



## Skills Training Schedule (June 22 – July 13, 2025)

Each session is 90 minutes long

**Location:** St. Charles

**Price:** \$60 per swimmer per session (\$100 for 2 siblings)

**Max Group Size:** 4–5 swimmers

### Weekly Schedule:

#### TUESDAYS

- 11 & Under: 1:30 PM – 3:00 PM
- 14 & Under: 3:00 PM – 4:30 PM

#### THURSDAYS

- 14 & Under: 1:30 PM – 3:00 PM
- 14 & Under: 3:00 PM – 4:30 PM

#### SATURDAYS

- 11 & Under: 12:00 PM – 1:30 PM
- 14 & Under: 1:30 PM – 3:00 PM

#### SUNDAYS

- 11 & Under: 12:00 PM – 1:30 PM
- 14 & Under: 1:30 PM – 3:00 PM

### Included Dates

WEEK 1	WEEK 2	WEEK 3
Sun, June 22	Tue, July 1	Tue, July 8
Tue, June 24	Thu, July 3	Thu, July 10
Thu, June 26	Sat, July 5	Sat, July 12
Sat, June 28	Sun, July 6	Sun, July 13
Sun, June 29		