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| Aquatics Class - Day 1 Syllabus Date | Lesson Focus | Materials Needed |
| 9/1/16 | Orientation/Locks |  |
| 9/6/16 | Swim Lesson | Swim materials |
| 9/8/16 | Water Sports | Swim materials |
| 9/12/16 | Fitness Room Orientation | Fitness clothes & sneakers |
| 9/14/16 | Swim Lesson | Swim materials |
| 9/16/16 | Recreational Swim | Swim materials |
| 9/20/16 | Swim Lesson | Swim materials |
| 9/22/16 | Water Sports | Swim materials |
| 9/26/16 | Fitness Room | Fitness clothes & sneakers |
| 9/28/16 | Swim Lesson | Swim materials |
| 9/30/16 | Water Sports | Swim materials |
| 10/4/16 | Lap Swim | Swim materials |
| 10/6/16 | Recreational Swim | Swim materials |
| 10/10/16 | Fitness Room | Fitness clothes & sneakers |
| 10/12/16 | Water Safety | Swim materials |
| 10/14/16 | Survival Skills | Long sleeve shirt, pants sneakers & Swim materials |
| 10/18/16 | Water Sports | Swim materials |
| 10/20/16 | Swim Lesson | Swim materials |
| 10/24/16 | Fitness Room | Fitness clothes & sneakers |
| 10/26/16 | Lap Swim |  |
| 10/28/16 | Recreational Swim | Swim materials |
| 11/1/16 | Swim Lesson | Swim materials |
| 11/ 3or 11/4/16 | MID TERM | Swim materials & pencil |
| 11/7/16 | Fitness Room | Fitness clothes & sneakers |
| 11/10/16 | Swim Lesson | Swim materials |
| 11/15/16 | Snorkeling | Swim materials |
| 11/17/16 \*(Early Release) | Gym | Fitness clothes & sneakers |
| 11/21/16 | Recreational Swim | Swim materials |
| 11/28/16 | Fitness Room | Fitness clothes & sneakers |
| 11/30/16 | Swim Lesson | Swim materials |
| 12/2/16 | Water Sports | Swim materials |
| 12/6/16 | Swim Lesson | Swim materials |
| 12/8/16 | Recreational swim | Swim materials |

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| Date | Lesson Focus | Materials Needed |
| 12/12/16 | Fitness room | Fitness clothes & sneakers |
| 12/14/16 | Swim Lesson | Swim materials |
| 12/16/16 | Water Sports | Swim materials |
| 12/20/16 | Lap Swim | Swim materials |
| 12/22/16 | Recreational swim | Swim materials |
| 1/3/17 | Swim Lesson | Swim materials |
| 1/5/17 | Water Sports | Swim materials |
| 1/10/17 | Fitness room | Fitness clothes & sneakers |
| 1/12/17 | Swim Lesson | Swim materials |
| 1/16-20/17 | Final Exams | Swim materials & pencil |
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