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| Aquatics Class - Day 2 Syllabus Date | Lesson Focus | Materials Needed |
| TUESDAY 8/27/19 | ORIENTATION |  |
| THURSDAY 8/29/19 | SWIM LESSON | SWIM MATERIALS |
| TUESDAY 9/3/19 | RECREATIONAL SWIM | SWIM MATERIALS |
| THURSDAY 9/5/19 | WATER SPORT | SWIM MATERIALS |
| MONDAY 9/9/19 | LAP SWIM | SWIM MATERIALS |
| WEDNESDAY 9/11/19 | ½ DAY GYM | PE CLOTHES |
| FRIDAY 9/13/19 | SWIM LESSON | SWIM MATERIALS |
| TUESDAY 9/17/19 | RECREATIONAL SWIM | SWIM MATERIALS |
| THURDAY 9/19/19 | WATER SPORT | SWIM MATERIALS |
| MONDAY 9/23/19 | LAP SWIM | SWIM MATERIALS |
| WEDNESDAY 9/25/19 | LESSON | SWIM MATERIALS |
| FRIDAY 9/27/19 | “DRY LAND” | PE CLOTHES |
| TUESDAY 10/1/19 | RECREATIONAL SWIM | SWIM MATERIALS |
| THURSDAY 10/3/19 | WATER SPORT | SWIM MATERIALS |
| MONDAY 10/7/19 | LAP SWIM | SWIM MATERIALS |
| WEDNESDAY 10/9/19 | LESSON | SWIM MATERIALS |
| FRIDAY 10/11/19 | “DRY LAND” | PE CLOTHES |
| TUESDAY 10/15/19 | RECREATIONAL SWIM | SWIM MATERIALS |
| THURSDAY 10/17/19 | WATER SPORT | SWIM MATERIALS |
| MONDAY 10/21/19 | WATER SAFETY | SWIM MATERIALS |
| WEDNESDAY 10/23/19 | MIDTERM??? | SWIM MATERIALS |
| FRIDAY 10/25/19 | MIDTERM??? | SWIM MATERIALS |
| TUESDAY 10/29/19 | LAP SWIM | SWIM MATERIALS |
| THURSDAY 10/31/19 | LESSON | SWIM MATERIALS |
| MONDAY 11/4/19 | “DRY LAND” | PE CLOTHES |
| THURSDAY 11/7/19 | RECREATIONAL SWIM | SWIM MATERIALS |
| TUESDAY 11/12/19 | WATER SPORT | SWIM MATERIALS |
| THURSDAY 11/14/19 | LAP SWIM | SWIM MATERIALS |
| MONDAY 11/18/19 | LESSON | SWIM MATERIALS |
| WEDNESDAY 11/20/19 | “DRY LAND” | PE CLOTHES |
| FRIDAY 11/22/19 | RECREATIONAL SWIM | SWIM MATERIAL |
| TUESDAY 11/26/19 | WATER SPORT | SWIM MATERIALS |
| TUESDAY 12/3/19 | LAP SWIM | SWIM MATERIALS |

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| Date | Lesson Focus | Materials Needed |
| THURSDAY 12/5/19 | LESSON | SWIM MATERIALS |
| MONDAY 12/9/19 | MASK/FINS/SNORKEL | SWIM MATERIALS |
| WEDNESDAY 12/11/19 | “DRY LAND” | PE CLOTHES |
| FRIDAY 12/13/19 | RECREATIONAL SWIM | SWIM MATERIALS |
| TUESDAY 12/17/19 | WATER SPORT | SWIM MATERIALS |
| THURSDAY 12/19/19 | LAP SWIM | SWIM MATERIALS |
| THURSDAY 1/2/20 | LESSON | SWIM MATERIALS |
| TUESDAY 1/7/20 | RECREATIONAL SWIM | SWIM MATERIALS |
| THURSDAY 1/9/20 | WATER SPORT | SWIM MATERIALS |
| MONDAY 1/13/20 | LAP SWIM | SWIM MATERIALS |
| WEDNESDAY 1/15/20 | FINAL ??? | SWIM MATERIALS |
| FRIDAY 1/17/20 | FINAL ??? | SWIM MATERIALS |