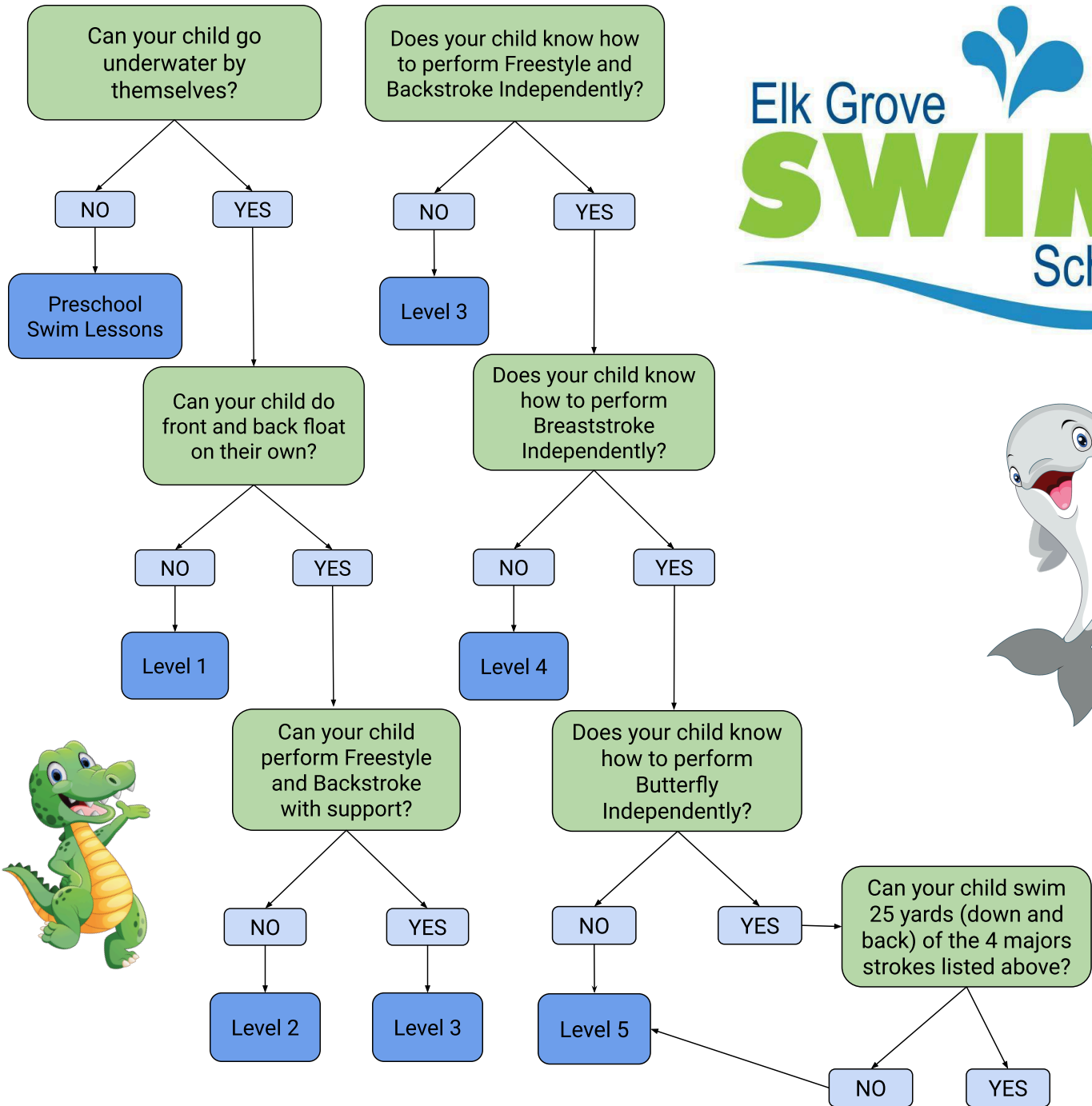
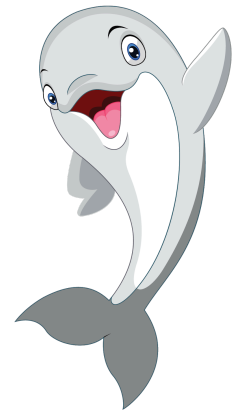


# Group Lessons Guide



If you have been with us before, please head to the last level your child participated in.

If you have not been with us for awhile, please follow the chart above

Reach out to our Head Coach at [aguarino@elkgroveparks.org](mailto:aguarino@elkgroveparks.org) to set up a time trial to join our Elk Grove Stingray Swim Team

