

Fall 2009 SWIM LESSON SCHEDULE

Session:	Days Class Meets:	Registration Begins:	Registration Ends:	Cost:
1 Aug 31-Sept 24*	Mon/Wed or Tues/Thurs	Aug 3	Aug. 28	\$40/Memb \$60/Non-Memb
2. Sept 5-26	Saturdays	Aug 3	Sept. 4	\$20/Memb \$30/Non-Memb
3. Sept. 28- Oct. 22	Mon/Wed or Tues/Thurs	Aug. 31	Sept. 25	\$40/Memb \$60/Non-Memb
4. Oct. 3-24	Saturdays	Aug. 31	Oct. 2	\$20/Memb \$30/Non-Memb
5. Oct.26- Nov.19	Mon/Wed or Tues/Thurs	Sept. 28	Oct. 23	\$40/Memb \$60/Non-Memb
6. Oct.31-Nov.21	Saturdays	Sept. 28	Oct. 30	\$20/Memb \$30/Non-Memb
7. Nov.30-Dec.17	Mon/Wed or Tues/Thurs	Oct. 26	Nov.27	\$30/Memb \$45/Non-Memb

** No Lesson Sept 7th(Labor Day)- Makeup Friday Sept.11.

Levels:	Mon/ Wed or Tues/Thurs	Saturdays
<p>Parent-Child: Ages 6 mths-3 yrs. A great way for you and your child to bond and play in the water while learning minimal swimming and safety skills. Parent and child are required to attend together!</p>	Indoor Pool: 5:45-6:15pm *Offered T/Th, 4 week Sessions	Indoor Pool: 10:45-11:15am
<p>Aqua Tots: Ages 2-3 yrs. Taught in a Preschool class atmosphere with the same skill objectives as Preschool classes, with the benefit of the student's parent being in the water with the child. Parent and child are required to attend together!</p>	Indoor Pool: 5:00-5:30pm	Indoor Pool: 10:00-10:30am
<p>Pike (Beginner): Ages 3-5 yrs. An introduction to the basics of swimming on their front, and back. Focuses on how to blow bubbles, float on tummy and back, kick their legs, paddle with their arms, and includes personal safety.</p>	Indoor Pool: 4:15-4:45pm 5:00-5:30pm 5:45-6:15pm 6:30-7:00pm T/TH Only	Indoor Pool: 10:00-10:30am 10:45-11:15am 11:30-12:00pm
<p>Eel (Intermediate): Ages 3-5yrs. Furthers the swimmer's ability to swim on their front, back and includes personal safety. They will learn freestyle, backstroke, and elementary backstroke. All children need to be able to swim on their own with little assistance.</p>	Indoor Pool: 4:15-4:45pm 5:00-5:30pm 5:45-6:15pm 6:30-7:00pm T/TH Only	Indoor Pool: 10:00-10:30am 10:45-11:15am 11:30-12:00pm
<p>Ray/Starfish (Advanced): Ages 3-5yrs. Teaches freestyle with breathing to the side, backstroke, elementary backstroke, introduce breaststroke and sidestroke, treading water, and safety skills. Need to be able to swim on their own without assistance</p>	Indoor Pool: 4:15-4:45pm 5:00-5:30pm 5:45-6:15pm T/TH Only 6:30-7:00pm T/TH Only	Indoor Pool: 10:00-10:30am
<p>Polliwoq (Beginner): Ages 6-12yrs. An introduction to blowing bubbles and submersion, floating on tummy and back, paddling on front, back, and side with or without help. In this level your child will learn freestyle, backstroke and elementary backstroke.</p>	Indoor Pool: 4:15-5:00pm 5:15-6:00pm 6:15-7:00pm T/TH Only	Indoor Pool: 10:00-10:45am 11:00-11:45am
<p>Guppy (Intermediate): Ages 6-12yrs. Designed to strengthen swimmer's ability in freestyle, backstroke, and elementary backstroke. They will learn to tread water, breath to the side, and will learn to swim side stroke and breast stroke. They must be able to swim without assistance.</p>	Indoor Pool: 4:15-5:00pm 5:15-6:00pm 6:15-7:00pm T/TH Only	Indoor Pool: 10:00-10:45am 11:00-11:45am
<p>Minnow/Fish (Advanced): Ages 6-12yrs. Designed to perfect swimmer's technique in freestyle, backstroke, elementary backstroke, breaststroke, and learn butterfly. This class will be a stroke strengthening class, and they must be able to swim well.</p>	Indoor Pool: 5:15-5:00pm	Indoor Pool: 11:00-11:45am
<p>Sharks Swim Club: Ages 6-12yrs. Designed for those interested in swim team, but at a less competitive and intense atmosphere. There will be no swim meets, but lots of practice which includes technique drills, strengthening endurance, turns, and etc. Swimmers must be able to swim one length of freestyle and backstroke. Offered Aug-April. Cost: \$45/memb; \$65/non-memb.</p>	Indoor Pool: 6:15-7:00pm	
<p>Adult: Ages 13-up Designed for older children and adults who have little or no experience in the water. All levels are welcome.</p>	Indoor pool: *6:00-7:00pm *Offered Mon and Wed, 4 wk sessions	Indoor Pool: 8:00-9:00am

Private Lessons:
If interested in private lessons, please fill out a request form at the front desk!

All classes are subject to combining or cancellation if the minimum number of class participants is not met.