



2018 Swim Lesson Program

**Open to All Children
Ages 4 & Up
Certified Instructors**

- Session 1 • June 4 - 8
- Session 2 • June 11 - 15
- Session 3 • June 18 - 22
- Session 4 • June 25 - 29
- Session 5 • July 9 - 13
- Session 6 • July 16 - 20
- Session 7 • July 23 - 27
- Session 8 • July 30 - August 3



Classes Monday-Friday • 5 Lessons/Session
(Instructor to Determine Appropriate Class & Level for Each Student)

- Level 1** - Introduction to basic aquatic skills. The goal is to eliminate fear, learn to blow bubbles, breathe to the side, kick and float. (Private Instruction Only!)
- Level 2** - Freestyle and Backstroke will be the focus. These techniques along with a few drills will help set up a base for endurance while building strength. Coordination and locomotion are key concepts.
- Level 3** - Transition phase with stroke development being the objective. Greater endurance levels will be built through longer yardage. Stroke progression of all strokes will be covered. Freestyle and backstroke turns will be presented.
- Level 4** - Coordination and fluency are the objective. Good transition turns and technique are the main focus. Fine tuning of a swimmer's weak areas and increasing yardage are the goal.

Class Fees

Level 1 • 5-30 Minute Private Lessons • \$95/Member • \$110/Non-Member

Level 2 - 4 - Max 6 Students Per Class

5-45 Minute Group Lessons • \$65/Member • \$80/Non-Member

Private Rates

5-60 Minute Lessons • \$125/Member • \$140/Non-Member

Single 60 Minute Lesson • \$30/Member • \$35/Non Member