



Spring Swim Lessons 2012

Twice a Week for Four Weeks

Mon & Wed w/Karen

April 2 - April 25, 2012

3:30pm Novice/Primary
4:00pm Beginner 1/2
4:30pm Teddy Bear/Parent Tot TB

Mon & Wed w/Karen

April 30 - May 23, 2012

3:30pm Primary/Junior
4:00pm Beginner 2/3
4:30pm Teddy Bear/Novice

Once a Week for Eight Weeks

Wed with Tia

April 4 - May 24, 2012

9:30am Teddy Bear
10:00am Junior
10:30am Primary

Thur with Tia

April 4 - May 24, 2012

9:30am Teddy Bear
10:00am Novice/Primary
10:30am Primary/Junior



Eight -1/2 hour Lessons

All Other Class Fee
Family Members \$48.00
Couple/Single Members \$56.00
Non-Members \$64.00

Teddy Bear Class Fees
Family Members \$52.00
Couple/Single Members \$60.00
Non-Members \$70.00

NOTE: Parent Tot and Teddy Bear

Parent must be in water with Child
Child must be at least 3 years old

See Swim Class Description for Class requirements

Swim Class Description

Parent Tot - 6 months to 2 years old, Parent must be in the water with their child.

Teddy Bear - 2 to 3 years old, Introduces the younger swimmer to water and emphasizes comfort in the water.

Novice - 3 to 4 years old, Child can blow bubbles, comfortable on back in water (with assistance), gets head wet.

Primary - 4 to 6 years old, Child can do front and back float by self, does rhythmic breathing across pool with barbell and flutter kick, no fear of water.

Junior - 4 to 6 years old, Child can "swim" across pool with rotary breathing, flutter kick across pool and back.

Advanced Junior - 5 to 6 years old, Child can swim 15 yards on front and back, treads water for 20 seconds

Beginner 1 / Level 1 - 6 years and older, Orients non-swimmer to water.

Beginner 2 / Level 2 - 6 years and older, Child can do front and back float, front and back flutter kick, jumps into pool.

Beginner 3 / Level 3 - 6 years and older, Child can "swim" 15 yards (half the length of the pool), tread water 20 seconds, Junior graduates

Advanced Beginner / Level 4 - Child can swim length of pool using crawl stroke with rotary breathing, swim 15 yards using back crawl, tread water 30 seconds.

Intermediate / Level 5 - Child can swim length of pool using crawl stroke, back stroke, or elementary backstroke, does whip kick on front, swims underwater. Must have completed Advanced Beginners.

Swim Club: Child must be able to swim crawl stroke across the length of the pool. This program is designed for the child that has had swim lessons, but not ready to swim alone. Your child will continue to improve their strokes, and have fun at the same time.