



Swim Lessons

**Fall Session I:
September 8 - October 16**

JELLY FISH - The JELLY FISH level is designed to introduce swimmers to the water. Children learn to become comfortable with their face under the water. In order to pass the Jellyfish level the students must float unsupported and complete a basic flutter kick on both their back and stomach.

CLASS DAYS	CLASS TIMES	COST Member/ Non-Member
Mondays / Wednesdays	9:00 am ; 3:30 pm ; 5:00 pm ; 6:00 pm	\$75 / \$93 (12 Classes)
Tuesdays / Thursdays	9:30 am ; 3:30 pm ; 5:30 pm ; 6:00pm	\$75 / \$93 (12 Classes)

STAR FISH - The STAR FISH level will learn the front crawl, elementary backstroke and proper breathing techniques. The whip kick and back crawl are introduced. Swimmers must be able to swim 15 meters with each stroke in order to pass the level.

Mondays / Wednesdays	9:30 am ; 4:00 pm ; 5:30 pm	\$75 / \$93 (12 Classes)
Tuesdays / Thursdays	9:00 am ; 5:00 pm ; 6:30 pm	\$75 / \$93 (12 Classes)

SEA HORSE- Swimmers at the SEAHORSE level know the front crawl and elementary backstroke. Emphasis at this level will be to fine tune rhythmic breathing with the crawl stroke. Treading water is introduced. Swimmers will also begin the kneeling and standing dives as well. Swimmers are expected to swim the length of the pool with the front crawl, back crawl and elementary backstroke in order to pass this level.

Mondays / Wednesdays	10:00 am ; 4:30 pm ; 6:30 pm	\$75 / \$93 (12 Classes)
Tuesdays / Thursdays	4:30 pm ; 6:00 pm	\$75 / \$93 (12 Classes)

MANTA RAY & SHARK The emphasis at the MANTA RAY level is learning the breast stroke and sidestroke. The dolphin kick is also mastered. Swimmers will be expected to swim 1 1/2 lengths of the pool without stopping to advance to the next level. The SHARK class is for the most advanced swimmer. At this level the butterfly stroke is coordinated. Breaststroke and sidestrokes are improved and swimmers must swim 2 1/2 lengths of the pool to successfully complete the program. Students who successfully complete the program are encouraged to join the Pre-Swim Team!

Mondays / Wednesdays	10:30 am ; 4:30 ; 6:30 pm	\$75 / \$93 (12 Classes)
Tuesdays / Thursdays	4:00 pm ; 6:30pm	\$75 / \$93 (12 Classes)

For more information contact Cole Willis at 943-8416

F I '08 Group Swim Lesson Registration – Payment must accompany registration. S - 100

Name: _____ Parent Name: _____ Member #: _____

Phone: _____ Address: _____

Level: _____ Class Days: _____ Class Time: _____

Payment: Check _____ Cash _____ Credit _____ Charge _____ Total _____