



Helping you find the champion within since 1981

**Learn to Swim Classes**

Instructors are WSI or experienced

Each Session is eight half-hour classes

Fees: Members \$55

Non-Members \$70

**PAYMENT IS DUE AT TIME OF REGISTRATION**

1<sup>st</sup> quarter 2012

<p><b>IPAP</b> <b>Infant, Preschool, Aquatic Program</b> 6 months – 3 years Parent accompanies child in water. Designed to teach parent &amp; child to be comfortable in water. <b>Sat 9am</b></p>	<p><b>Level 3</b> <b>Stroke Development</b> Deepwater skills, rotary breathing, front &amp; back crawl, begin diving, butterfly kick &amp; body motion. <b>T&amp;TH 5</b> <b>Sat 10</b></p>
<p><b>Level 1</b> <b>Intro to Water Skills</b> With support, front &amp; back floats, open eyes underwater, rolling over front to back, begin arm &amp; leg movements. <b>T&amp;TH 4</b> <b>Sat 11</b></p>	<p><b>Level 4~5</b> <b>Stroke Improvement/Refinement</b> Front crawl, back crawl, scissor kick, breaststroke, open turns and flip turns. <b>T&amp;TH 5:30</b> <b>Sat 9:30</b></p>
<p><b>Level 2</b> <b>Fundamental Aquatic Skills</b> No support, jumping from side of pool, treading water, swim underwater, coordinated arm &amp; leg movements. <b>T&amp;TH 4:30</b> <b>Sat 10:30</b></p>	<p><b>Private Lessons Available</b> Members \$30 Non-Members \$45 ½ hour sessions See Aquatics Director or an Instructor for more info  <b>Schedule with instructor</b></p>

*Stroke Clinic available Sunday's*

**Tue & Thur**

Session 1 1/10 ~ 2/2  
Session 3 2/23 ~ 3/20  
Session 5 3/29 ~ 4/24

**Saturday**

Session 2 2/4 ~ 3/24  
Session 4 4/7 ~ 5/26



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A registration form must be filled out for each child & each session.

***Refunds are made if a class is canceled due to insufficient enrollment.***

Credits will be issued for ill children with a doctor's note.

CHILDREN UNDER 10 MUST BE SUPERVISED BY AN ADULT IN THE POOL AREA.

A swim test is available for children ages 10 to 12! If your child passes the test,

They may use the pool without direct supervision.

**SEE LIFEGUARD FOR TEST INFORMATION.**

**Non-Toilet Trained Children: The Health Department requires infants & children to wear a swim diaper.**

**We must close the pool for 8 hours in the event of an accident, please ensure that your child uses the restroom before entering the pool.**

*Thunderstorm policy: the pool & spa **will** be evacuated when lightening is within the immediate vicinity of club.*