



# SWIM LESSONS WITH TIA

## FOUR DAYS A WEEK

<b>Mon 7/3, Wed 7/5, Thurs 7/6, Fri 7/7</b>	<b>Mon 7/24, Wed 7/25, Thurs 7/26, Fri 7/27</b>
2:00pm Novice / Primary	2:00pm Advance Junior/Swimmer
2:30pm Junior / Advance Junior	2:30pm Junior / Advance Junior
3:00pm Advance Junior/Swimmer	3:00pm Novice / Primary
3:30pm Teddy Bear / Novice	3:30pm Teddy Bear / Novice
<b>Tuesday &amp; Thursday 6/20, 6/22, 6/27, 6/29</b>	<b>Tuesday &amp; Thursday 7/11, 7/13, 7/18, 7/20</b>
2:00pm Advance Junior/Swimmer	2:00pm Novice / Primary
2:30pm Junior / Advance Junior	2:30pm Junior / Advance Junior
3:00pm Novice / Primary	3:00pm Advance Junior/Swimmer
3:30pm Teddy Bear / Novice	3:30pm Teddy Bear / Novice
<b>Monday &amp; Wednesday 7/10, 7/12, 7/17, 7/19</b>	
2:00pm Novice / Primary	<b>CLASS FEES.....</b>
2:30pm Junior / Advance Junior	<i>Four -- 1/2 Hours Lessons</i>
3:00pm Advance Junior/Swimmer	Family Members.....\$24.00
3:30pm Teddy Bear / Novice	Couple/Single Members.....\$28.00
	Non-Members.....\$32.00
	See Front Desk for Teddy Bear Pricing



# 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.