

SWIM LESSON SIGN-UPS HAVE BEGUN

Session I June 21 – July 2
Session IA July 5 – July 9 (1 week session @ ½ price) **NEW**
Session II July 12 – July 23
Session III July 26 – August 6
Session IIIA August 9 – August 13 (1 week session @ ½ price) **NEW**

Members

\$24 1 child/session
\$42 2 children/session
\$58 3 children/session

Nonmembers

\$32 1 child/session
\$62 2 children/session
\$90 3 children/session

*Please make checks to: *Stonebrook Racquet & Fitness Club*: In the “for” box indicate *Swim Lessons*

**All payments must be given at time of registration

**If we need to move your child we will do so at the beginning of the session.

**If you need to move your child session as long as there is space available we will do so.

**If any question please contact Tia Schultz by written message or call 868-0510

Level Description:

Level I Water Exploration

The objective of Level I is to help students feel comfortable in the water and to enjoy the water safely. To teach elementary aquatic skills which students can build on as they progress through the program. The students will also develop good attitudes and safe practices around the water.

Level II Primary Skills

The objective of Level II is to give students success with fundamental skills. Students learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills and adds to the self-help and basic rescue skills.

Level III Stroke Readiness

The objective of Level III is to build on the all-previous skills. The students will be taught to coordinate the front crawl and back crawl, elementary backstroke, and the fundamentals of treading water. Students will also learn rules for safe diving and begin to learn to dive from the side of the pool.

Level VI & V Stroke Development/Stroke Refinement

The objective is to develop confidence in all the strokes. Increase endurance by swimming familiar strokes for distance. Introduce and develop breaststroke and sidestroke and basic turns at the wall. Butterfly will be introduced, diving and other advanced skills when needed. We combine the levels IV & V due to the low enrollment.