

## **SWIM LESSONS**

***Glenshire swim lessons will be taught in accordance with the America Red Cross program. Additional classes will be added depending on pool space and times.***

***It is very important to bring your child to swim lessons rested and well.  
Sign up in the Association office or Pool Pass office.***

### **CLASS SCHEDULE FOR 2011**

Session I     June 27 - July 7  
Session II    July 11 - July 21  
Session III   July 25 – August 4  
Session IV    August 8 - Aug. 11 (four classes)  
Session V    Will be held if enough early demand Aug 15 to Aug 18 (four classes)

All classes are Monday through Thursday and cost \$50 for members and \$60 for non-members for the two week sessions. One week sessions are Monday through Thursday and cost \$25 for members and \$30 for non-members.

Member registration begins Monday, May 2. Non-member registration begins Tuesday, May 24<sup>th</sup>. Payment is required at time of registration. Payment is required for waiting list. Registration must be done at the Association office. Registration by phone will not be accepted.

All class levels and times are subject to change pending registration.

#### **Level I - Water Exploration**

Water entry and exit, blowing bubbles, supported front and back float/kick beginner stroke with assistance and personal safety. **Child must be at least 4 years of age.**

Times: 9:30 -9:55 am, 10:00 -10:25 am, 10:30 -10:55 am  
Class Limit: 4

#### **Level II - Primary Skills**

Rhythmic breathing, front and back float/glide with recovery, front and back flutter kick, fining on back, front crawl, introduction to back crawl, turning over, personal safety and rescue.

Times: 9:30 -9:55 am, 10:00 -10:25 am, 10:30 -10:55 am  
Class Limit: 5

### **Level III - Stroke Readiness**

Bob to safety, retrieve objects, jumps, introduction to diving, and crawl stroke with rhythmic breathing, back crawl, elementary backstroke, turns, personal safety and rescue.

Time: 9:30 -9:55 am, 10:00 -10:25 am, 10:30 -10:55 am  
Class Limit: 6

### **Level IV - Stroke Development**

Deep water bobbing, float positions, rotary breathing, standing front dive, front crawl, back crawl, elementary backstroke, sculling on back, breaststroke, sidestroke, introduction to wall turns.

Time: 9:00 - 9:25 am  
Class Limit: 8

### **Level V - Stroke Refinement**

Learn personal safety and rescue. Alternate breathing, beginner diving progression from board, long shallow dive, breaststroke, sidestroke, underwater swimming, elementary backstroke, introduction to butterfly-dolphin kick, front crawl, back crawl, front and back open turns, personal safety and rescue.

Time: 9:00 - 9:25 am  
Class Limit: 8