

Spring Swim lessons - 752-6543

SWIM LESSON FEES

All Lessons are 4 Classes

LEVEL CLASSES.....	\$36
(SP)SEMI-PVT	\$46
PRE-ONES (3-5 Yrs)	\$27
WEE-ONES (6-36 Months)	\$27

PRIVATE SWIM LESSONS

\$20 per 1/2 Hour (0000)
CALL SUE at 752-6543

SATURDAY			
Session 1: April 5-26			
Session 2: May 3-31 (No Class 5/24)			
#1	#2	LEVEL	TIME
7657 XXXX	7675 7676	LEVEL 1	9:15-10:10 AM 10:20-11:15 AM
7658	7677		11:25-12:20 PM
7659	XXXX		12:30-1:25 PM
7660	XXXX		LEVEL 2
7661	7678	10:20-11:15 AM	
XXXX	7679	11:25-12:20 PM	
7662	7680	12:30-1:25 PM	
XXXX	7681	LEVEL 3	9:15-10:10 AM
7663	XXXX		10:20-11:15 AM
7664	XXXX		11:25-12:20 PM
XXXX	7682		12:30-1:25 PM
7665	7683	LEVEL 4	9:15-10:10 AM
XXXX	7684		10:20-11:15 AM
7666	XXXX		11:25-12:20 PM
XXXX	XXXX		12:30-1:25 PM
XXXX	XXXX	LEVEL 5	9:15-10:10 AM
7667	XXXX		10:20-11:15 AM
XXXX	XXXX		11:25-12:20 PM
XXXX	7685		12:30-1:25 PM
XXXX	XXXX	LEVEL 6	9:15-10:10 AM
XXXX	XXXX		10:20-11:15 AM
XXXX	7686		11:25-12:20 PM
7668	XXXX		12:30-1:25 PM
7669	7687	PRE-ONES	9:30-9:55 AM
7670	7688		10:00-10:25 AM
XXX	7689		10:30-10:55 AM
7671	XXXX		11:00-11:25 AM
7672	7690		11:30-11:55 AM
7673	7691		12:00-12:25 PM
XXXX	XXXX	WEE-ONES	9:30-9:55 AM
XXXX	XXXX		10:00-10:25 AM
7674	XXXX		10:30-10:55 AM
XXXX	7692		11:00-11:25 AM
XXXX	XXXX		11:30-11:55 AM
XXXX	XXXX		12:00-12:25 PM

AMERICAN RED CROSS CERTIFIED CLASSES

MONDAY		
April 21-May 12		
#1	LEVEL	TIME
7693	LEVEL 1	5:05-6:00 PM
7694	LEVEL 2	5:05-6:00 PM
7695	LEVEL 3	5:05-6:00 PM
XXXX	LEVEL 4	5:05-6:00 PM
XXXX	LEVEL 5	5:05-6:00 PM
XXXX	LEVEL 6	5:05-6:00 PM
7696	PRE-ONES	5:05-5:30 PM
7697		5:35-6:00 PM
XXXX	WEE-ONES	5:05-5:30 PM
XXXX		5:35-6:00 PM

TUESDAY			
Session 1: April 8-29			
Session 2: May 6-27			
#1	#2	LEVEL	TIME
XXXX	7703	LEVEL 1	5:05-6:00 PM
7698	XXXX	LEVEL 2	5:05-6:00 PM
7699	XXXX	LEVEL 3	5:05-6:00 PM
7700	7704	LEVEL 4	5:05-6:00 PM
XXXX	7705	LEVEL 5	5:05-6:00 PM
XXXX	XXXX	LEVEL 6	5:05-6:00 PM
7701	7706	PRE-ONES	5:05-5:30 PM
XXXX	XXXX		5:35-6:00 PM
XXXX	XXXX	WEE-ONES	5:05-5:30 PM
7702	7707		5:35-6:00 PM

ALL LESSONS HELD AT
Romeo High School Pool
 32 Mile Rd, Romeo



WEDNESDAY			
Session 1: April 9-30			
Session 2: May 7-28			
#1	#2	LEVEL	TIME
7708	7713	LEVEL 1	5:05-6:00 PM
XXXX	7714	LEVEL 2	5:05-6:00 PM
7709	7715	LEVEL 3	5:05-6:00 PM
7710	XXXX	LEVEL 4	5:05-6:00 PM
XXXX	XXXX	LEVEL 5	5:05-6:00 PM
XXXX	XXXX	LEVEL 6	5:05-6:00 PM
7711	7716	PRE-ONES	5:05-5:30 PM
7712	7717		5:35-6:00 PM
XXXX	XXXX	WEE-ONES	5:05-5:30 PM
XXXX	XXXX		5:35-6:00 PM

CLASS DESCRIPTIONS:

Wee-ones (6-36 months)1:15 Parent & wee-one introduction to water. Skills will be taught that you can use with them while they develop. Requires a parent in water for the class.

Pre-ones (3-5 yrs)1:8 plus aide Preschoolers will learn to be comfortable in and around water. Basic skills will be taught through Fun Games. Introduction to floating & kicking techniques.

LEVELS: Level Classes 1:8 ratio — Semi Private Levels: 1:4 ratio

All level classes include at least 5 minutes per class of diving & jumping skills.

Level 1 (6 yrs & Up) Front and back floats with support, kicking, alternating arm action, safety skills.

Level 2 Front & back glides, kicking, arm action, turning over, safety skills.

Level 3 Diving, back crawl, crawl, elementary backstroke, treading water and safety skills.

Level 4 Stroke improvement, breaststroke, sidestroke, scissor kick, endurance.

Level 5 Stroke improvement, learn dolphin kick, diving, endurance for higher level swimming.

Level 6 Arm movements for butterfly, rescue dives, flip turns and endurance for competitive swim.

Non-Resident Swim Registration begins MARCH 27

♥ Be sure to pick up a schedule at pool - also on line www.rwbparcsrec.org

Summer Swim Lessons - 752-6543

MONDAY thru THURSDAY SWIM LESSONS

- Session 1: June 9-12 4 Classes
- Session 2: June 16-19 4 Classes
- Session 3: June 23-26 4 Classes
- Session 4: July 7-10 4 Classes
- Session 5: July 14-17 4 Classes
- Session 6: July 21-24 4 Classes
- Session 7: July 28-31 4 Classes

LEVEL 1	#1	#2	#3	#4	#5	#6	#7
9:15-10:10 AM	7501	7519	7537	XXX	7573	7591	XXX
10:20-11:15 AM	7502	7520	XXX	7555	XXX	XXX	7609
11:25-12:20 PM	7503	7521	7538	7556	7574	7592	7610
12:30-1:25 PM	XXX	XXX	7539	7557	XXX	7593	XXX
LEVEL 2							
9:15-10:10 AM	7504	XXX	7540	7558	XXX	XXX	7611
10:20-11:15 AM	7505	7522	7541	XXX	7575	7594	XXX
11:25-12:20 PM	XXX	7523	XXX	7559	7576	7595	7612
12:30-1:25 PM	7506	7524	7542	7560	7577	XXX	7613
LEVEL 3							
9:15-10:10 AM	XXX	7525	XXX	7561	7578	7596	7614
10:20-11:15 AM	XXX	XXX	7543	7562	7579	7597	7615
11:25-12:20 PM	7507	XXX	7544	XXX	XXX	XXX	XXX
12:30-1:25 PM	7508	7526	XXX	XXX	7580	7598	7616
LEVEL 4							
9:15-10:10 AM	7509	7527	XXX	7563	7581	7599	XXX
10:20-11:15 AM	7510	XXX	7545	XXX	7582	XXX	7617
11:25-12:20 PM	XXX	7528	7546	7564	XXX	XXX	7618
12:30-1:25 PM	XXX	XXX	XXX	XXX	XXX	7600	XXX
LEVEL 5							
9:15-10:10 AM	XXX	XXX	XXX	XXX	XXX	XXX	XXX
10:20-11:15 AM	XXX	7529	XXX	7565	XXX	7601	XXX
11:25-12:20 PM	7511	XXX	XXX	XXX	XXX	XXX	XXX
12:30-1:25 PM	XXX	XXX	7547	XXX	7583	XXX	7619
LEVEL 6							
9:15-10:10 AM	XXX	XXX	7548	XXX	XXX	XXX	7620
10:20-11:15 AM	XXX	XXX	XXX	XXX	XXX	XXX	XXX
11:25-12:20 PM	XXX	XXX	XXX	XXX	7584	7602	XXX
12:30-1:25 PM	7512	7530	XXX	7566	XXX	XXX	XXX
PRE ONES							
9:30-9:55 AM	7513	7531	7549	7567	7585	7603	7621
10:00-10:25 AM	7514	7532	7550	7568	7586	7604	7622
10:30-10:55 AM	7515	7533	XXX	7569	7587	XXX	7623
11:00-11:25 AM	XXX	7534	7551	XXX	7588	7605	7624
11:30-11:55 AM	7516	XXX	7552	7570	XXX	7606	7625
12:00-12:25 PM	7517	7535	7553	7571	7589	7607	XXX
WEE ONES							
9:30-9:55 AM	XXX	XXX	XXX	XXX	XXX	XXX	XXX
10:00-10:25 AM	XXX	XXX	XXX	XXX	XXX	XXX	XXX
10:30-10:55 AM	XXX	XXX	7554	XXX	XXX	XXX	XXX
11:00-11:25 AM	7518	XXX	XXX	7572	XXX	7608	XXX
11:30-11:55 AM	XXX	7536	XXX	XXX	7590	XXX	XXX
12:00-12:25 PM	XXX	XXX	XXX	XXX	XXX	XXX	7626

MONDAY THRU THURSDAY EVENING LESSONS

5:05-6:00 PM

- Session 1: June 16-19 4 Classes
- Session 2: June 23-26 4 Classes
- Session 3: July 14-17 4 Semi-Pvt Classes
- Session 4: July 21-24 4 Classes
- Session 5: July 28-31 4 Classes

SESSION:	1	2	3SP	4	5
Level 1.....	(7627)	(xxxx)	(7637)	(7643)	(xxxx)
Level 2.....	(7628)	(7632)	(7638)	(xxxx)	(xxxx)
Level 3.....	(7629)	(7633)	(7639)	(7644)	(7648)
Level 4.....	(xxxx)	(7634)	(7640)	(7645)	(7649)
Level 5.....	(xxxx)	(xxxx)	(7641)	(xxxx)	(7650)
Level 6.....	(xxxx)	(xxxx)	(7642)	(xxxx)	(xxxx)

5:05-5:30 PM or 5:35-6:00 PM

Pre-Ones	1	2	3	4	5
5:05-5:30 pm	(7630)	(7635)	(xxxx)	(7646)	(7651)
5:35-6:00 pm	(7631)	(xxxx)	(xxxx)	(xxxx)	(7652)
Wee-Ones					
5:35-6:00 pm	(xxxx)	(7636)	(xxxx)	(7647)	(xxxx)

Aquafit Aerobics (18 yrs & up)(7653) \$3 at door

Low impact cardiovascular resistance training, for swimmers & non-swimmers alike.

Mar 31-Jun 5	Mon thru Thurs	8:00-9:00 pm
Jun 10-Jul 31	Tue & Thurs	8:00-9:00 pm
Aug 29-28	Tue & Thurs	7:00-8:00 pm

AM LAP (18 yrs & up)(7654) \$2 at door

Mar 31-Jun 6	Mon, Wed & Fri	6:00-7:00 am
June 9-Jul 30	Mon & Wed	7:00-8:00 am

PM LAP (18 yrs & up)(7655) \$2 at door

Mar 31-Jun 5	Mon thru Thu	8:00-9:00 pm
Apr 5-May 31	Saturday	1:30-3:00 pm
Jun 10-Jul 31	Tue & Thurs	8:00-9:00 pm
Aug 19-28	Tue & Thurs	7:00-8:00 pm

SILVER FINS (7656) (50+ \$1 at door - Under 50 \$2)

Apr 1-Jun 5	Tue & Thurs	3:15-4:00 pm
June 10-Jul 31	Tue & Thurs	3:15-4:00 pm
Aug 19-28	Tue & Thurs	5:15-6:00 pm

COMMUNITY SWIM \$2 at door

Apr 5-May 31	Sat	1:30-3:00 pm
Jun 10-Jul 31	Tue & Thurs	1:30-3:00 pm

SPLASH BASHES

Fridays, 7:30-9:00 pm

April 4, May 2, & June 6

\$2 person at door



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