

ALL LESSON FEES ARE DUE & PAYABLE AT TIME OF REGISTRATION - CHECKS PAYABLE TO WEED RECREATION DISTRICT

PLEASE NOTE -

SKILL TEST ON THE FIRST DAY OF CLASS TO EVALUATE CURRENT SWIMMING ABILITY & PROPER PLACEMENT

PLEASE MAKE EVERY EFFORT TO REGISTER YOUR CHILD IN THE LEVEL BEST SUITED TO THEIR SWIMMING ABILITY, SOME MAY NEED TO REFRESH THEIR SKILLS BY REPEATING A CLASS TAKEN LAST SUMMER *BEFORE* ADVANCING TO A HIGHER LEVEL RIGHT AWAY

ATTENDANCE AT ALL CLASSES AND EXTRA PRACTICE IS VERY IMPORTANT IN ORDER FOR YOUR CHILD TO MASTER ALL SKILL REQUIREMENTS

NO SIGN-UPS ON 1ST DAY OF SESSION - CALL FOR SPACE AVAILABILITY AFTER 1:00PM

GROUP CLASSES -

SESSION 1 JUNE 19---JUNE 30

SESSION 2 JULY 10---JULY 21

SESSION 3 JULY 24---AUG. 4

****REFUND POLICY: NO REFUNDS AFTER CLASSES BEGIN - "SWIM BUCKS" GIVEN AS CREDIT FOR LESSON FEES**

NO OBSERVERS INSIDE THE POOL AREA UNTIL THE LAST DAY OF EACH SESSION - INSTRUCTORS NEED YOUR CHILD'S FULL ATTENTION !!

<u>CLASS</u>	<u>SESSION</u>	<u>TIME</u>	<u>CLASS DESCRIPTION</u>
PRE-SCHOOL A AGES 3-5 (30 MIN.) (WADING POOL)	1, 2, 3	10:00 11:00	BASIC INSTRUCTION FOR CHILDREN (3-5) TO GAIN A HIGH COMFORT LEVEL IN & AROUND WATER AND A READINESS TO SWIM. THIS COURSE DOES NOT TEACH CHILDREN TO BE ACCOMPLISHED SWIMMERS OR TO SURVIVE IN THE WATER. STUDENTS WILL BE INTRODUCED TO THE BIG POOL DURING THE 2-WEEK SESSION. FIVE STUDENTS PER CLASS
PRE-SCHOOL B AGES 3-5 (30 MIN.) (BIG POOL)	1, 2, 3	10:30 11:30	STUDENTS MUST BE READY FOR BIG POOL - BASIC WATER ADJUSTMENT, SUBMERGE FACE, FLOATING, ALTERNATING ARM ACTION, SAFETY RULES, WITH HELP OF INSTRUCTOR - FIVE STUDENTS PER CLASS
LEVEL 1 & 2 AGES 6 & OVER (40 MIN.) LEVELS 1 & 2 ARE TAUGHT AT THE SAME TIME WITH SEPARATE INSTRUCTORS	1, 2, 3 1, 2, 3 1, 3	9:45 10:30 11:15	LEVEL 1 THIS LEVEL WILL INTRODUCE WATER ADJUSTMENT, SUBMERGE FACE, FLOATING, ALTERNATING ARM ACTION & SAFETY RULES, WITH HELP OF INSTRUCTOR. FOUR -SIX STUDENTS PER LEVEL LEVEL 2 DEMONSTRATE COMPETENCY IN LEVEL 1 SKILLS. WILL INTRODUCE FULLY SUBMERGED HEAD, EXPLORE DEEP WATER, FLOAT, LEVEL OFF, RHYTHMIC BREATHING, TURNING OVER, COMBINED STROKES FRONT & BACK, SAFETY RULES. FOUR - SIX STUDENTS PER LEVEL
LEVEL 3 (40 MIN.)	2 3	11:15 9:00	DEMONSTRATE COMPETENCY IN LEVEL 2 SKILLS. THIS CLASS WILL INTRODUCE RETRIEVING OBJECT WITH OPEN EYES, BOBBING, DIVING FROM EDGE, CRAWL STROKE ON FRONT & BACK, DEMONSTRATE ELEMENTARY BACKSTROKE & TREADING WATER & SAFETY RULES. STUDENTS SHOULD BE ABLE TO SWIM THE WIDTH OF THE POOL.
LEVEL 4 (40 MIN.)	2	9:00	DEMONSTRATE COMPETENCY IN LEVEL 3 SKILLS. THIS CLASS WILL BUILD ENDURANCE IN ELEMENTARY BACKSTROKE, FRONT CRAWL AND BACK CRAWL, THE BASICS OF BREASTSTROKE, SIDESTROKE & TURNING AT THE WALL, ALTERNATE KICKS FOR TREADING WATER & SAFETY RULES.
LEVEL 5 (40 MIN.)	1	9:00	DEMONSTRATE COMPETENCY IN LEVEL 4 SKILLS. OBJECTIVES WILL BE TO DEMONSTRATE ALTERNATE BREATHING, DIVING FROM DIVING BOARD, NEW WATER ENTRIES, INCREASE ENDURANCE IN FRONT CRAWL, BACK CRAWL & ELEMENTARY BACKSTROKE, REFINE BREASTROKE & SIDESTROKE, DOLPHIN KICK, & SAFETY RULES.
LEVEL 6 (40 MIN.)	1	9:00	DEMONSTRATE COMPETENCY IN LEVEL 5 SKILLS. INCL: ADVANCED DIVING SKILLS, ENHANCE ABILITY TO PERFORM STROKES INTRODUCED AT PREVIOUS LEVELS, APPROACH STROKE, FLIPTURNS, SURFACE DIVES, SAFETY RULES

PRIVATE LESSONS	NOON & 12:30		6:00PM
(ONE WEEK)	7/10-14	7/31-8/4	7/10-14
(30 MIN.)	7/17-21		7/17-21
	7/24-28		7/24-28

PRIVATE LESSONS FOLLOW RED CROSS STANDARDS PER LEVELS 1 - 6

ONE STUDENT PER INSTRUCTOR UNLESS APPROVED BY POOL SUPERVISOR

STUDENTS MUST BE AT LEAST FIVE YEARS OF AGE & READY FOR LEVEL 1&2 SKILLS

PLEASE - DO NOT REQUEST PRE-SCHOOL LEVEL PRIVATE LESSONS !!

CLASSES WILL BE CANCELED FOR THE FOLLOWING REASONS: LIGHTNING; UNSEASONABLY COLD/WINDY; MECHANICAL PROBLEMS WHICH MAY AFFECT POOL TEMPERATURE OR CHEMICAL BALANCE. POOL STAFF WILL CONTACT YOU ASAP IF CLASSES ARE CANCELED FOR THESE REASONS. CALL THE POOL NO SOONER THAN 30 MINUTES PRIOR TO CLASS TIME IF WEATHER CONDITIONS ARE "IFFY". **CANCELED CLASSES WILL BE RE-SCHEDULED IF POSSIBLE.**

POOL OFFICE - 938-4701 ** REC. OFFICE - 938-4685**

****CANCELLATION POLICY: MINIMUM REGISTRATION REQUIRED OR CLASSES WILL BE CANCELED & FEES REFUNDED.**