

### PARENT-TOT

CLASS DAYS	CLASS TIMES	COST Member/ Non-Member
Sat.	9:45 - 10:15 am	\$36 / \$44 (4 classes)

### JELLYFISH

M/W	9:00am; 3:30pm; 5:00pm; 6:00pm	\$144 / \$176 (16 Classes)
T/Th	9:30am; 3:30pm; 5:30; 6:00pm	\$144 / \$176 (16 Classes)
Saturday	11:00am	\$72 / \$88 (8 Classes)

### STARFISH

M/W	9:30am; 4:00pm; 5:30pm	\$144 / \$176 (16 Classes)
T/Th	9:00am; 5:00pm; 6:30pm	\$144 / \$176 (16 Classes)
Sat.	10:30am	\$72 / \$88 (8 Classes)

### SEAHORSE

M/W	10:00am; 4:30pm; 6:30pm	\$144 / \$176 (16 Classes)
T/Th	10:00am; 4:30pm; 6:00pm	\$144 / \$176 (16 Classes)
Saturday	9:00am	\$72 / \$88 (8 Classes)

### MANTA RAY & SHARK

M/W	4:30pm; 6:00pm	\$144 / \$176 (16 Classes)
T/Th	4:00pm; 6:30pm	\$144 / \$176 (16 Classes)
Saturday	9:30am-10:15am	\$96 / \$112 (8 Classes)



**PARENT-TOT** - PARENT-TOT classes are designed to introduce infants/toddlers to the water. The emphasis of this hands-on class is to make children comfortable in the water while teaching them basic swimming skills. This instructor-guided class gives parents the tools with which to teach their children front and back floats as well as how to put the face in the water. Ages 6 months - 3 years.

**Saturday Winter Session I: Jan. 5 - Jan. 26**  
**Saturday Winter Session II: Feb. 2 - Feb. 23**

### PRE-SWIM TEAM - PRE-SWIM TEAM

is designed for those interested in taking the next step toward swim team. This class, which will be mildly competitive, is for kids who love swimming and want to have fun. Swimmers who haven't decided if swim team is right for them will enjoy Pre-Swim Team. Practice will include laps, drills, relay work, racing starts, and swim meet/fun days.

**\*Swimmer must try-out with the Coach or pass CBRC's Shark level.**

**Winter Session: Jan. 7 - Feb. 28**  
**Saturday Winter Session: Jan. 5 - Feb. 23**

### PRE-SWIM TEAM

M/W	6:15-7pm	\$192 / \$224 (16 Practices)
T/Th	6:15-7pm	\$192 / \$224 (16 Practices)
3 days a week	6:15-7pm 9:30-10:15am (Sat)	\$288 / \$336 (24 Practices)
Saturday	9:30-10:15am (Sat)	\$96 / \$112 (8 Practices)

### JELLYFISH - The JELLYFISH level is

designed to introduce swimmers to the water. Children learn to become comfortable with their faces under the water. In order to pass the Jellyfish level, students must float unsupported, complete a basic flutter kick on both their backs and stomachs, and roll comfortably from front to back and back to front.

### STARFISH - The STARFISH level will learn

the front crawl, elementary backstroke and proper breathing techniques. The whip kick and back crawl are introduced. Swimmers must be able to swim 15 meters with the front crawl and elementary backstroke in order to pass the level.

### SEAHORSE - Swimmers at the SEAHORSE

level know the front crawl, back crawl, and elementary backstroke. Emphasis at this level will be to fine tune rhythmic breathing with the crawl stroke. Treading water, the dolphin kick, and kneeling and standing dives are also introduced. Swimmers are expected to swim the length of the pool with the front crawl, back crawl and elementary backstroke in order to pass this level.

### MANTA RAY & SHARK - The

emphasis at the MANTA RAY level is learning the breaststroke and butterfly. The dolphin kick is also mastered. Swimmers will be expected to swim two lengths of the pool using the backstroke, breaststroke and freestyle strokes without stopping to advance to the next level.

The SHARK class is for the most advanced swimmer. At this level the butterfly stroke and the breaststroke are coordinated. Swimmers must swim four lengths of the pool with backstroke, breaststroke and freestyle to complete the program. Students who successfully complete the program are encouraged to join the **Pre-Swim Team!**

**Group Lessons: Jan. 7 - Feb. 28**  
**Saturday Group Lessons: Jan. 5 - Feb. 23**

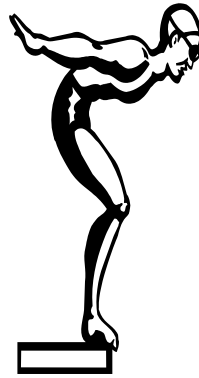
# Swim Lessons

## Winter 2019



- Help our instructors and fellow students stay healthy. Please refrain from bringing your child if they have any of the following symptoms: runny nose, consistent or chronic cough, troubling ear infection, fever, rash, pink eye or diarrhea.
- Each class (with the exception of Pre-Swim Team and Saturday Manta Ray and Shark) is 30 minutes in length and must have at least three swimmers registered. An aide will be added for classes with more than four swimmers.
- Make-ups must occur during the current session and within a class of equal or lesser ability. We will offer two designated make up days per session. If your child misses class **due to illness**, you may reserve one spot during a make-up day, as long as there is a spot available. Make-up classes are limited. **We do not guarantee the availability of make-up classes.**
- We will not grant refunds or credits for missed classes. No refunds will be granted after the first class.

For more information on swim lessons contact Kari Woelber at 943-8416 or kariwoelber@my-cbrc.com



### Winter '19 Registration – Payment must accompany registration.

Name: \_\_\_\_\_ Age: \_\_\_\_\_ DOB: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Parent Name: \_\_\_\_\_  
 Member # \_\_\_\_\_ Non: \_\_\_\_\_ Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_  
 Address: \_\_\_\_\_ Email Address: \_\_\_\_\_  
 Level: \_\_\_\_\_ Class Day \_\_\_\_\_ Class Time: \_\_\_\_\_ Session: \_\_\_\_\_  
 Payment: Check \_\_\_\_\_ Cash \_\_\_\_\_ Credit \_\_\_\_\_ Charge \_\_\_\_\_ Total \_\_\_\_\_

I do not wish to receive promotional texts and emails from Columbia Basin Racquet Club