

# Summer 2019 Swim Lessons



**Session I**      June 17 - July 3 (No class on July 4th)  
**Session II**     July 8 - 25  
**Session III**    July 29 - Aug. 15

**JELLY FISH** - The **JELLY FISH** level is designed to introduce swimmers to the water. Children learn to become comfortable with their face under the water. In order to pass the Jellyfish level the students must float unsupported, turn over from front to back and back to front, and complete a basic flutter kick on both their back and stomach for approximately 10ft.

CLASS DAYS	CLASS TIMES	Session I (Mem/Non) <u>No class on July 4th</u>	Session 2 or 3 (Mem/Non)	All 3 Sessions (Mem/Non)
Monday - Thursday	9:30; 10:00; 10:30; 11:30; 1:00; 4:30; 5:00; 6:00	\$99 / \$121	\$108 / \$132	\$289 / \$359

**STAR FISH** - The **STAR FISH** level will learn the front crawl, elementary backstroke and proper breathing techniques. The whipkick and back crawl are introduced. Swimmers must be able to swim 15 meters with each stroke in order to pass the level.

CLASS DAYS	CLASS TIMES	Session I (Mem/Non) <u>No class on July 4th</u>	Session 2 or 3 (Mem/Non)	All 3 Sessions (Mem/Non)
Monday - Thursday	9:00; 10:00; 11:00; 1:30; 4:00; 5:30; 6:30	\$99 / \$121	\$108 / \$132	\$289 / \$359

**SEA HORSE** - The **SEA HORSE** student learns crawl and elementary backstroke. Emphasis at this level will be to incorporate rhythmic breathing into the crawl, the whip kick is improved and treading water is introduced. Students will also begin kneeling and standing dives. Swimmers must swim the length of the pool using crawl, back crawl, and elementary backstroke to graduate.

CLASS DAYS	CLASS TIMES	Session I (Mem/Non) <u>No class on July 4th</u>	Session 2 or 3 Mem/Non	All 3 Sessions (Mem/Non)
Monday - Thursday	9:30; 10:30; 11:30; 2:30; 4:00; 5:00; 6:00	\$99 / \$121	\$108 / \$132	\$289 / \$359

**MANTA RAY** - The **Manta Ray** level is learning the breast stroke and dolphin kick. Swimmers will be expected to swim two lengths of the pool using freestyle, backstroke and breaststroke without stopping to advance to the next level.

CLASS DAYS	CLASS TIMES	Session I (Mem/Non) <u>No class on July 4th</u>	Session 2 or 3 Mem/Non	All 3 Sessions Mem/Non
Monday - Thursday	9:00; 11:00; 2:00; 4:30; 5:30; 6:30	\$99 / \$121	\$108 / \$132	\$289 / \$359

**SHARK** - The **Shark** level is for the most advanced swimmer. At this level the butterfly stroke and treading water are learned. The breaststroke is improved and swimmers must swim four lengths of the pool with backstroke, breaststroke and freestyle to successfully complete the program.

CLASS DAYS	CLASS TIMES	Session I (Mem/Non) <u>No class on July 4th</u>	Session 2 or 3 Mem/Non	All 3 Sessions Mem/Non
Monday - Thursday	9:00; 11:00; 2:00; 4:30; 5:30; 6:30	\$99 / \$121	\$108 / \$132	\$289 / \$359

# Weekend

# Swim Lessons

Session I  
Session II  
Session III

June 8 - June 29  
July 6 - July 27  
Aug. 3 - Aug. 24

**JELLYFISH** - The **JELLY FISH** level is designed to introduce swimmers to the water. Children learn to become comfortable with their face under the water. In order to pass the Jellyfish level the students must float unsupported, turn over from front to back and back to front, and complete a basic flutter kick on both their back and stomach for approximately 10ft.

CLASS DAY	CLASS TIMES	Mem/Non (4 Weeks)	Mem/Non (12 weeks)
Saturday	9:00 - 9:30, 11:00 - 11:30 a.m.	\$36 / \$44	\$99 / \$123

**STARFISH** - The **STAR FISH** level will learn the front crawl, elementary backstroke and proper breathing techniques. The whipkick and back crawl are introduced. Swimmers must be able to swim 15 meters with each stroke in order to pass the level.

CLASS DAY	CLASS TIMES	Mem/Non (4 Weeks)	Mem/Non (12 weeks)
Saturday	9:00 - 9:30, 11:00 - 11:30 a.m.	\$36 / \$44	\$99 / \$123

**SEAHORSE** - The **SEA HORSE** student learns crawl and elementary backstroke. Emphasis at this level will be to incorporate rhythmic breathing into the crawl, the whip kick is improved and treading water is introduced. Swimmers will also begin the kneeling and standing dives. Swimmers must swim the length of the pool with the crawl, back crawl, and elementary backstroke to graduate.

CLASS DAY	CLASS TIMES	Mem/Non (4 Weeks)	Mem/Non (12 weeks)
Saturday	9:30 - 10:00 a.m.	\$36 / \$44	\$99 / \$123

**MANTA RAY** - The **Manta Ray** level is learning the breast stroke and dolphin kick. Swimmers will be expected to swim two lengths of the pool in the freestyle, backstroke and breaststroke without stopping to advance to the next level.

CLASS DAY	CLASS TIMES	Mem/Non (4 Weeks)	Mem/Non (12 weeks)
Saturday	10:00 - 10:45 a.m.	\$48 / \$58	\$135 / \$165

**SHARK** - The **Shark** level is for the most advanced swimmer. At this level the butterfly stroke and treading water is learned. Swimmers must swim four lengths of the pool with backstroke, breaststroke and freestyle to successfully complete the program.

CLASS DAY	CLASS TIMES	Mem/Non (4 Weeks)	Mem/Non (12 weeks)
Saturday	10:00 - 10:45 a.m.	\$48 / \$58	\$135 / \$165

Summer'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 \_\_\_\_\_

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# Summer 2019 Pre-Swim Team

COLUMBIA  
BASIN RACQUET  
CLUB

## Weekdays

**Session I** June 17 - July 3 (No class on July 4th)  
**Session II** July 8 - July 25  
**Session III** July 29 - Aug. 15

## Weekends

June 8 - June 29  
 July 6 - July 27  
 Aug. 3 - Aug. 24

**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 competition 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 swimming laps, drills, relay work, diving starts, and swim meets/fun days.

**\*Pre-requisite:** Swimmers must try-out with the Pre-Swim Team Coach or be a graduate of CBRC's Shark level.

CLASS DAYS	CLASS TIMES	Session 1 (Mem/Non) <small>No practice on July 4</small>	Session 2 or 3 (Mem/Non)	All 3 Sessions (Mem/Non)
Monday - Thursday	10:00 - 10:45; 6:00 - 6:45 pm	\$132 / \$160	\$144 / \$174	\$394 / \$482
Saturdays	10:00 - 10:45 am	\$48 / \$58 (4 weeks) \$135 / \$165 (12 weeks)		

Summer '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 \_\_\_\_\_

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# Weekend Parent - Tot Swim Lessons

**Session I**  
**Session II**  
**Session III**

June 8 - June 29  
July 6 - July 27  
Aug. 3 - Aug. 24

Parent - Tot - Parent – Tot lessons 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.

CLASS DAYS	CLASS TIMES	COST Member/ Non-Member
Saturday	9:30 - 10:00, 10:30 - 11:00 am	\$36 / \$44 (4 weeks) \$99 / \$123 (12 weeks)

**For more information contact us at 509-943-8416**

Summer'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 \_\_\_\_\_

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