

Summer 2021 Swim Lessons



Session I June 21 - July 8
Session II July 12 - 29 Registration opens 6/7/21
Session III Aug 2 - 19 Registration opens 7/8/21

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 (Mem/Non)
Monday - Thursday	9:30; 10:00; 10:30; 11:30; 1:00; 4:30; 5:00; 6:00	\$132 / \$192

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 (Mem/Non)
Monday - Thursday	9:00; 10:00; 11:00; 1:30; 4:00; 5:30; 6:30	\$132 / \$192

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 (Mem/Non)
Monday - Thursday	9:30; 10:30; 11:30; 2:30; 4:00; 5:00; 6:00	\$132 / \$192

MANTA RAY/SHARK - 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. 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

CLASS DAYS	CLASS TIMES	Session (Mem/Non)
Monday - Thursday	9:00; 11:00; 2:00; 4:30; 5:30; 6:30	\$132 / \$192

Weekend

Swim Lessons

Session I June 12 - July 3
Session II July 10 - July 31 Registration opens 6/7/21
Session III Aug. 7 - Aug. 28 Registration opens 7/8/21

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)
Saturday	9:00 - 9:30, 11:00 - 11:30 a.m.	\$44 / \$64

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)
Saturday	9:00 - 9:30, 11:30 - 12:00 p.m.	\$44 / \$64

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)
Saturday	9:30 - 10:00 a.m.	\$44 / \$64

MANTA RAY/SHARK - 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. 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)
Saturday	10:00 - 10:45 a.m.	\$66 / \$96

Summer'21 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 2021 Pre-Swim Team



Weekdays

Session I June 21 - July 8
Session II July 12 - 29
Session III Aug. 2 - 19

Registration opens 6/7/21
 Registration opens 7/8/21

Weekends

June 12 - July 3
 July 10 - July 31
 Aug. 7 - Aug. 28

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) No practice on July 4
Monday - Thursday	10:00 - 10:45; 6:00 - 6:45 pm	\$168 / \$228
Saturdays	10:00 - 10:45 am	\$56 / \$76 (4 weeks)

Summer'21 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 June 12 - July 3
Session II July 10 - 31 Registration opens 6/7/21
Session III Aug. 7 - 28 Registration opens 7/8/21

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	\$44 / \$64 (4 weeks)

For more information contact us at 509-943-8416

Summer'21 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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