

### PARENT-TOT

CLASS DAYS	CLASS TIMES	COST Member/ Non-Member
Sat.	9:00-9:30 am 9:45-10:15am	\$77 / \$112 (7 Classes)

### JELLYFISH

M/W	9:00am; 3:30pm; 5:00pm; 6:00pm	\$154 / \$224 (14 Classes)
T/Th	3:30pm; 5:30pm; 6:00pm	\$154 / \$224 (14 Classes)
Saturday	10:30; 11:00 am	\$77 / \$112 (7 Classes)

### STARFISH

M/W	9:30 am; 4:00pm; 5:30pm	\$154 / \$224 (14 Classes)
T/Th	5:00pm; 6:30pm	\$154 / \$224 (14 Classes)
Saturday	10:30; 11:00 am	\$77 / \$112 (7 Classes)

### SEAHORSE

M/W	10:00 am 4:30pm; 6:30pm	\$154 / \$224 (14 Classes)
T/Th	4:30pm; 6:00pm	\$154 / \$224 (14 Classes)
Saturday	9:00am	\$77 / \$112 (7 Classes)

### MANTA RAY & SHARK

M/W	10:30 am 4:30pm; 6:00pm	\$154 / \$224 (14 Classes)
T/Th	4:00pm; 6:30pm	\$154 / \$224 (14 Classes)
Saturday	9:30am-10:15am	\$116 / \$168 (7 Classes)

### 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.

**Saturday Session I: Oct. 30th - Dec. 18th**  
\*No lessons Nov. 27th

### 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 drills, relay work, racing starts, and swim meet/fun days.

**\*Prerequisite: Swimmer must try-out with the Coach or be a graduate of CBRC's Shark level.**

**Fall II Session: Oct 25th - Dec. 16th**  
**Fall II Weekend Session: Oct. 30th - Dec. 18th**  
\*No lessons Nov. 22nd - 27th\*

### PRE-SWIM TEAM

M/W	6:15-7pm	\$196 / \$266 (14 Practices)
T/Th	6:15-7pm	\$196 / \$266 (14 Practices)
Saturdays	9:00-9:45a (Sat)	\$98 / \$133 (7 Practices)



### JELLYFISH - The JELLYFISH level is

designed to introduce swimmers 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 back crawl and elementary back stroke will be 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. Our goal at this level is 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

MANTA RAY level is where the swimmer will be learning the breaststroke, butterfly and 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. 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!**

**Fall II Session: Oct 25th - Dec. 16th**  
**Fall II Weekend Session: Oct. 30th - Dec. 18th**

\*No lessons Nov. 22nd - 27th\*



# Swim Lessons

## Fall II 2021



### Fall II

Weekdays Oct. 25th - Dec. 16th

Weekends Oct. 30th - Dec. 18th

\*No lessons Nov. 22nd - 27th\*

- Help our instructors and fellow students stay healthy. Please refrain from bringing your child if they have any of these symptoms: runny nose, consistent or chronic cough, troubling ear infection, fever, rash, pink eye or diarrhea.
- Each class is 30 minutes in length, with the exception of Pre-Swim and Saturday Manta/Shark.
- A second instructor will be added for classes with more than four swimmers.
- Make-ups must occur during the current session. We will offer two designated Fridays for make ups 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. **You must reserve a spot by the Thursday before make-up day.**
- 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.
- Sales tax will be added at time of registration.

For more information on swim lessons contact Kari Woelber at CBRC (509) 943-8416 or



1776 Terminal Drive  
Richland, WA 99354  
(509) 943-8416

### Fall II '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 \_\_\_\_\_

If you are not a member of Columbia Basin Racquet Club, please be mindful that access to the pool is limited to your swim lesson only.