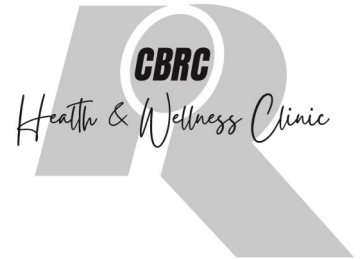


Summer 2022 Swim Lessons



Session I June 20 - July 7 (No class on July 4th)
Session II July 11 - 28 Registration Opens June 8th
Session III Aug. 1 - Aug. 18 Registration opens July 13th

JELLY FISH - The **JELLYFISH** level is designed to introduce swimmers to the water independently. They will become comfortable putting their faces in the water, going under the water, floating, and introduction to strokes. In order to pass the Jellyfish level, students must float unsupported both on their stomachs and backs, then comfortably roll from front to back and back to front.

CLASS DAYS	CLASS TIMES	Session I (Mem/Non) <u>No class on July 4th</u>	Session 2 or 3 (Mem/Non)
Monday - Thursday	9:30; 10:00; 10:30; 11:30; 1:00; 4:30; 5:00; 6:00	\$127 / \$182	\$138 / \$198

STAR FISH - Students will become proficient the front crawl/freestyle, backstroke, elementary backstroke, and breaststroke arms. Whip kick and side breathing will be introduced in this level. Swimmers must be able to swim 15 meters of front crawl with side breathing, backstroke, and elementary backstroke to pass.

CLASS DAYS	CLASS TIMES	Session I (Mem/Non) <u>No class on July 4th</u>	Session 2 or 3 (Mem/Non)
Monday - Thursday	9:00; 10:00; 11:00; 1:30; 4:00; 5:30; 6:30	\$127 / \$182	\$138 / \$198

SEA HORSE - the **SEAHORSE** level know front crawl/freestyle, backstroke, elementary backstroke, breaststroke arms and whip kick. Our goal, is to refine all strokes learned this far starting to gain endurance to go the length of the pool (25 meters). Swimmers will learn how to put the breaststroke arms and legs together. Once they are able swim 25 meters of front crawl, backstroke, elementary backstroke with whip kick, and breaststroke they are able to pass seahorse.

CLASS DAYS	CLASS TIMES	Session I (Mem/Non) <u>No class on July 4th</u>	Session 2 or 3 Mem/Non
Monday - Thursday	9:30; 10:30; 11:30; 2:30; 4:00; 5:00; 6:00	\$127 / \$182	\$138 / \$198

MANTA RAY/SHARK- MANTA RAY level is for students to get proficient at their breaststroke while gaining endurance for the freestyle and backstroke. Swimmers will learn the butterfly and flip turns in this level. Swimmers will be expected to swim two lengths (50 meters) of the pool with freestyle, backstroke and breaststroke without stopping to advance. In the **SHARK** level, swimmers must swim four lengths (100 meters) of freestyle, backstroke, breaststroke and at least two lengths (50 meters) of butterfly. Students who successfully complete the program are encouraged to join the Pre-Swim Team!

CLASS DAYS	CLASS TIMES	Session I (Mem/Non) <u>No class on July 4th</u>	Session 2 or 3 Mem/Non
Monday - Thursday	9:00; 11:00; 2:00; 4:30; 5:30; 6:30	\$127 / \$182	\$138 / \$198

Weekend

Swim Lessons

Session I June 4 - June 25
Session II July 9 - July 30 Registration Opens June 8th
Session III Aug. 6 - Aug. 27 Registration opens July 13th

JELLYFISH - The **JELLYFISH** level is designed to introduce swimmers to the water independently. They will become comfortable putting their faces in the water, going under the water, floating, and introduction to strokes. In order to pass the Jellyfish level, students must float unsupported both on their stomachs and backs, then comfortably roll from front to back and back to front.

CLASS DAY	CLASS TIMES	Mem/Non (4 Weeks)
Saturday	9:00 - 9:30, 11:00 - 11:30 a.m.	\$46 / \$66

STARFISH - Students will become proficient the front crawl/freestyle, backstroke, elementary backstroke, and breaststroke arms. Whip kick and side breathing will be introduced in this level. Swimmers must be able to swim 15 meters of front crawl with side breathing, backstroke, and elementary backstroke to pass.

CLASS DAY	CLASS TIMES	Mem/Non (4 Weeks)
Saturday	9:00 - 9:30, 11:00 - 11:30 a.m.	\$46 / \$66

SEAHORSE - the **SEAHORSE** level know front crawl/freestyle, backstroke, elementary backstroke, breaststroke arms and whip kick. Our goal, is to refine all strokes learned this far starting to gain endurance to go the length of the pool (25 meters). Swimmers will learn how to put the breaststroke arms and legs together. Once they are able swim 25 meters of front crawl, backstroke, elementary backstroke with whip kick, and breaststroke they are able to pass seahorse.

CLASS DAY	CLASS TIMES	Mem/Non (4 Weeks)
Saturday	9:30 - 10:00 a.m.	\$46 / \$66

MANTA RAY/SHARK - **MANTA RAY** level is for students to get proficient at their breaststroke while gaining endurance for the freestyle and backstroke. Swimmers will learn the butterfly and flip turns in this level. Swimmers will be expected to swim two lengths (50 meters) of the pool with freestyle, backstroke and breaststroke without stopping to advance. In the **SHARK** level, swimmers must swim four lengths (100 meters) of freestyle, backstroke, breaststroke and at least two lengths (50 meters) of butterfly. Students who successfully complete the program are encouraged to join the Pre-Swim Team!

CLASS DAY	CLASS TIMES	Mem/Non (4 Weeks)
Saturday	10:00 - 10:45 a.m.	\$69/ \$99

Summer'22 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 _____

Summer 2022 Pre-Swim Team



Weekdays

Session I June 20 - July 7
 Session II July 11 - July 28
 Session III Aug. 1 - Aug. 18

(No class on July 4th)
 Registration opens June 8th
 Registration opens July 13th

Weekends

Jun 4 - June 25
 July - July 30
 Aug. - Aug. 27

Pre Swim Team - is designed for those interested in taking the next step towards Channel Cats. The pre-swim team is designed for kids who love swimming and want to have fun without the commitment of a competitive swim team. Swimmers who haven't decided if Channel Cats is right for them will enjoy our 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.

CLASS DAYS	CLASS TIMES	Session 1 (Mem/Non) <small>No practice on July 4</small>	Session 2 or 3 (Mem/Non)
Monday - Thursday	10:00 - 10:45; 6:00 - 6:45 pm	\$160 / \$215	\$174 / \$234
Saturdays	10:00 - 10:45 am	\$58 / \$78 (4 weeks)	

Summer'22 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 _____

Weekend Parent - Tot Swim Lessons

Session I	June 4 - June 25	
Session II	July 9 - July 30	Registration Opens June 8th
Session III	Aug. 6 - Aug. 27	Registration opens July 13th

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	\$46 / \$66 (4 weeks)

For more information contact us at 509-943-8416

Summer'22 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 _____