

PARENT-TOT

CLASS DAYS	CLASS TIMES	COST Member/ Non-Member
Sat.	9:00 - 9:30 am 9:45- 10:15 am	\$50 / \$70 (4 classes)

JELLYFISH

M/W	9:00am; 3:30pm; 5:00pm; 6:00pm	\$200 / \$280 (16 Classes)
T/Th	9:30am; 3:30pm; 5:30pm; 6:00pm	\$200 / \$280 (16 Classes)
Saturday	10:30am; 11:00am	\$100 / \$140 (8 Classes)

STARFISH

M/W	9:30am; 4:00pm; 5:30pm	\$200 / \$280 (16 Classes)
T/Th	9:00am; 5:00pm; 6:30pm	\$200 / \$280 (16 Classes)
Sat.	10:30am; 11:00 am	\$100 / \$140 (8 Classes)

SEAHORSE

M/W	10:00am; 4:00pm; 6:30pm	\$200 / \$280 (16 Classes)
T/Th	4:30pm; 6:00pm	\$200 / \$280 (16 Classes)
Saturday	9:00am	\$100 / \$140 (8 Classes)

MANTA RAY & SHARK

M/W	1030 am; 4:30pm; 6:00pm	\$200 / \$280 (16 Classes)
T/Th	4:00pm; 6:30pm	\$200 / \$280 (16 Classes)
Saturday	9:30am-10:15am	\$150 / \$210 (8 Classes)



PARENT-TOT - PARENT-TOT classes are de-

signed 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 water skills. This instructor guided class gives parents the tools to teach their children front and back floats as well as how to comfortably put the face in the water. Ages 6 months - 3 years.

Saturday Winter Session I: Jan. 7 - Jan. 28
Saturday Winter Session II: Feb. 4 - Feb. 25

PRE-SWIM TEAM - Is designed for those inter-

ested in taking the next step towards competitive swim team (Tri City 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 the 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.

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

Winter Session: Jan. 2 - Feb. 23
Saturday Winter Session: Jan. 7 - Feb. 25

PRE-SWIM TEAM

M/W	6:15-7:00pm	\$248 / \$328 (16 Practices)
T/Th	6:15-7:00pm	\$248 / \$328 (16 Practices)
Saturday	9:00-9:45am (Sat)	\$124 / \$164 (8 Practices)

***Member registration opens Nov. 7th**

***Guest registration opens Nov. 13th**

JELLYFISH - 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 will receive 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.

STARFISH - Students will become proficient in 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.

SEAHORSE - Swimmers at the SEAHORSE level

know front crawl/freestyle, backstroke, elementary backstroke, breaststroke arms and whip kick. The goal, is to refine all strokes learned and 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 able to swim 25 meters of front crawl, backstroke, elementary backstroke with whip kick, and breaststroke swimmers are able to pass seahorse.

MANTA RAY & SHARK - The Manta Ray

level is for students to become 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!

Group Lessons: Jan. 2 - Feb. 23
Saturday Group Lessons: Jan. 7 - Feb. 25



Swim Lessons Winter 2023

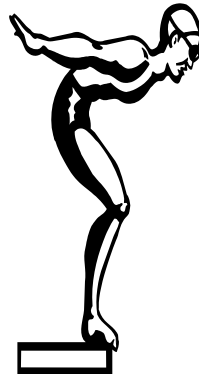


- Help our instructors and fellow students stay healthy. Please refrain from bringing your child if they have any of the following symptoms: runny nose, consistent or chronic cough, troubling ear infection, fever, rash, pink eye or diarrhea.
- Each class (with the exception of Pre-Swim Team and Saturday 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.
- We will not grant refunds or credits for missed classes. No refunds will be granted after the first class.
- **We do not offer make up classes for missed lessons**

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



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Winter '23 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 CBRC Health and Wellness Clinic, please be mindful that access to the pool is limited to your swim lesson only.

Weekdays Jan. 2 - Feb. 23
Weekends Jan. 7 - Feb. 25

***Member registration opens Nov. 7th**
***Guest registration opens Nov. 13th**