

### PARENT-TOT

CLASS DAYS	CLASS TIMES	COST Member/ Non-Member
Sat.	9:00-9:30 am 9:45-10:15am	\$52 / \$72 (4 Classes)

### JELLYFISH

M/W	9:00am; 3:30pm; 5:00pm; 6:00pm	\$182 / \$252 (14 Classes)
T/Th	9:30am; 3:30pm; 5:30pm; 6:00pm	\$169 / \$234 (13 Classes)
Saturday	10:30; 11:00 am	\$91 / \$126 (7 Classes)

### STARFISH

M/W	9:30 am; 4:00pm; 5:30pm	\$182 / \$252 (14 Classes)
T/Th	9:00am; 5:00pm; 6:30pm	\$169 / \$234 (13 Classes)
Saturday	10:30; 11:00 am	\$91 / \$126 (7 Classes)

### SEAHORSE

M/W	10:00 am 4:00pm; 6:30pm	\$182 / \$252 (14 Classes)
T/Th	4:30pm; 6:00pm	\$169 / \$234 (13 Classes)
Saturday	9:00am	\$91 / \$126 (7 Classes)

### MANTA RAY & SHARK

M/W	10:30 am 4:30pm; 6:00pm	\$182 / \$252 (14 Classes)
T/Th	4:00pm; 6:30pm	\$169 / \$234 (13 Classes)
Saturday	9:30am-10:15am	\$137 / \$189 (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.

**Fall II Weekend Session: Oct. 28th - Nov. 18th**

### PRE-SWIM TEAM - Is designed for those

interested 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.**

**Fall II Session: Oct 23rd - Dec. 14th**

**Fall II Weekend Session: Oct. 28th - Dec. 16th**

**\*No lessons October 31st\***

**\*No lessons Nov. 20th - 25th\***

### PRE-SWIM TEAM

M/W	6:15-7pm	\$224 / \$294 (14 Practices)
T/Th	6:15-7pm	\$208 / \$273 (13 Practices)
Saturdays	9:00-9:45a (Sat)	\$112 / \$147 (7 Practices)

**\*Member Registration Opens September 18th**

**\*\*Guest Registration Opens September 25th**

### 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!

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# CBRC

## Swim Lessons

### Fall II 2023



**Fall II**  
**Weekdays Oct. 23rd - Dec. 14th**  
**Weekends Oct. 28th - Dec. 16th**  
 \*No lessons October 31st\*  
 \*No lessons Nov. 20th - 25th\*

\*Member Registration Opens September 18th  
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- 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.
- 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.
- **We do not offer make up classes for missed lessons**

For more information on swim lessons contact Kari Woelber at CBRC  
 (509) 943-8416 or  
[kariwoelber@my-cbrc.com](mailto:kariwoelber@my-cbrc.com)

1776 Terminal Drive  
 Richland, WA 99354  
 (509) 943-8416  
[www.mycbrc.com](http://www.mycbrc.com)

Fall II '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 Columbia Basin Racquet Club, please be mindful that access to the pool is limited to your swim lesson only.