



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.

Classes Resume June 15th!

PRE-SWIM TEAM - **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**

Pre-Summer Session:
Weekdays: April 29th - May 23rd
Weekends: Resume in June 15th

PRE-SWIM TEAM

M/W	6:15-7pm	\$128 / \$168 (8 Classes)
T/Th	6:15-7pm	\$128/ \$168 (8 Practices)

***Member registration opens March 18th**
***Guest registration opens March 25th**



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.

STARFISH - In the **STARFISH** level, 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. 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.

MANTA RAY & SHARK - The **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!

Pre-Summer Session:
Weekdays: April 29th - May 23rd
Weekends: Resume June 15th

JELLYFISH

M/W	9:00am; 3:30pm; 5:00pm ; 6:00pm	\$104/ \$144 (8 Classes)
T/Th	9:30am; 3:30pm; 5:30pm; 6:00pm	\$104 / \$144 (8 Classes)

STARFISH

M/W	9:30 am ; 4:00pm; 5:30pm	\$104 / \$144 (8 Classes)
T/Th	9:00am; 5:00pm; 6:30pm	\$104 / \$144 (8 Classes)

SEAHORSE

M/W	10:00am; 4:00pm; 6:30pm	\$104 / \$144 (8 Classes)
T/Th	4:30pm; 6:00pm	\$104 / \$144 (8 Classes)

MANTA RAY & SHARK

M/W	10:30 am; 4:30pm; 6:00pm	\$104 / \$144 (8 Classes)
T/Th	4:00pm; 6:30pm	\$104 / \$144 (8 Classes)

*Sales tax will be added at time of payment

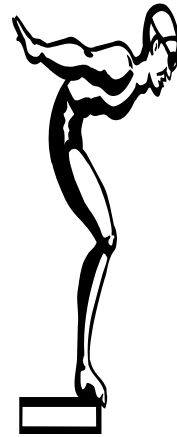
CBRC
HEALTH & FITNESS

Swim Lessons Pre-Summer 2024



Weekdays: April 29th - May 23rd

***Member registration opens March 18th
*Guest registration opens March 25th**



- 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.
- Sales tax will be added at time of registration.
- **We do not offer make up lessons for missed classes**

For more information on swim lessons contact Kari Woelber at 509-943-8416
kariwoelber@my-cbrc.com



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www.mycbrc.com

PS '24 Group Swim Lesson Registration – Payment must accompany registration.

Name: _____ Age: _____ DOB: ____ / ____ / ____ Parent Name: _____

Member #: _____ Home Phone: _____ Address: _____

Cell Phone: _____ Email Address: _____

Level: _____ Class Days: _____ Class Time: _____ Session: _____

Payment: Check _____ Cash _____ Credit _____ Charge _____ Total _____

I do not wish to receive promotional texts and emails from Columbia Basin Racquet Club