

Summer 2024 Swim Lessons

**Member Registration Opens April 15th

**Guest Registration Opens May 6th



Session I June 17 - July 3 (No class on July 4th)
Session II July 8 - 25
Session III July 29 - Aug. 15

JELLY FISH - 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.

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	\$143 / \$198	\$156 / \$216

STAR FISH - 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.

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	\$143 / \$198	\$156 / \$216

SEA HORSE - Students 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

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	\$143 / \$198	\$156 / \$216

MANTA RAY - 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.

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	\$143 / \$198	\$156 / \$216

SHARK - 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	\$143 / \$198	\$156 / \$216

Weekend

Swim Lessons

Session I

June 15 - July 20

**No class July 6*

Session II

July 27 - August 24

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.

CLASS DAY	CLASS TIMES	Mem/Non Session I	Mem/Non Session II
Saturday	9:00 - 9:30, 11:00 - 11:30 a.m.	\$65 / \$90	\$65 / \$90

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.

CLASS DAY	CLASS TIMES	Mem/Non Session I	Mem/Non Session II
Saturday	9:00 - 9:30, 11:00 - 11:30 a.m.	\$65 / \$90	\$65 / \$90

SEAHORSE - students 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.

CLASS DAY	CLASS TIMES	Mem/Non Session I	Mem/Non Session II
Saturday	9:30 - 10:00 a.m.	\$65 / \$90	\$65 / \$90

MANTA RAY - 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.

CLASS DAY	CLASS TIMES	Mem/Non Session I	Mem/Non Session II
Saturday	10:00 - 10:45 a.m.	\$98 / \$135	\$78 / \$108

SHARK - 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 Session I	Mem/Non Session II
Saturday	10:00 - 10:45 a.m.	\$98 / \$135	\$98 / \$135

Summer'24 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 _____

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

Summer 2024 Pre-Swim Team



**Member Registration Opens April 15th
 **Guest Registration Opens May 6th

Weekdays

Session I June 17 - July 3 (No class on July 4th)
Session II July 8 - July 25
Session III July 29 - Aug. 15

Weekends

Session I June 15 - July 20
 *No class July 6
Session II July 27 - August 24

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.**

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	\$176 / \$231	\$192 / \$252
Saturdays	10:00 - 10:45 am	\$80 / \$105 Session I or 2	

Summer '24 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 _____

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Weekend Parent - Tot Swim Lessons

Session I June 15 - July 20

**No classes July 6th*

Session II July 27 - August 24

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	\$65 / \$90 (5 weeks) Session 1 & 2

For more information contact us at 509-943-8416

Summer'24 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 _____

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