

Weekend **PARENT-TOT Swim Lessons**

Ages 6 months-3 years.

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.

SATURDAYS

4-WEEK SESSIONS

- 9:30am-10am
- 10:30am-11am

\$55
for members
\$75
for guests

Session 1: **June 20 - July 18**

* No classes on July 4

Session 2: **July 25 - August 15**



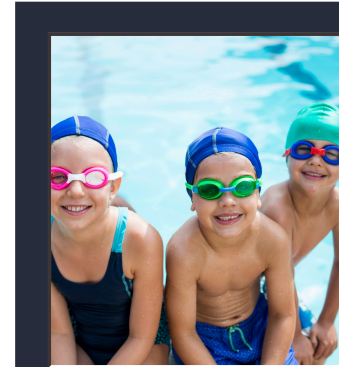
**FOR MORE INFORMATION
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KARIWOELBER@MY-CBRC.COM**

**MEMBERS REGISTRATION BEGINS APRIL 27TH
GUEST REGISTRATION BEGINS MAY 18TH**

CBRC HEALTH & FITNESS
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SUMMER

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LESSONS

SUMMER SESSIONS

WEEKDAYS:

Session I June 15 - July 02

Session II July 06 - July 23

Session III July 27 - Aug.13

MONDAY - THURSDAY

JELLY FISH

9:30; 10:00; 10:30; 11:30; 1:00; 4:30; 5:00; 6:00

STAR FISH

9:00; 10:00; 11:00; 1:30; 4:00; 5:30; 6:30

SEA HORSE

9:30; 10:30; 11:30; 2:30; 4:00; 5:00; 6:00

MANTRA RAY

9:00; 11:00; 2:00; 4:30; 5:30; 6:30

SHARK

9:00; 11:00; 2:00; 4:30; 5:30; 6:30

\$165 CBRC MEMBERS

\$225 CBRC GUESTS

WEEKENDS:

*No class July 4th

Session I June 20 - July 18

Session II July 25 - Aug.15

SATURDAY

JELLY FISH

9:00 - 9:30, 11:00 - 11:30 a.m.

STAR FISH

9:00 - 9:30, 11:00 - 11:30 a.m.

SEA HORSE

9:30 - 10:00 a.m.

\$55 CBRC MEMBERS

\$75 CBRC GUESTS

MANTRA RAY

10:00 - 10:45 a.m.

SHARK

10:00 - 10:45 a.m.

\$83 CBRC MEMBERS

\$112 CBRC GUESTS

(45 MINUTES)

JELLY FISH -

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.

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.

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 seahorse.

MANTA RAY

Students will 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.

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!

PRE-SWIM TEAM

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.

WEEKDAYS:

Session I June 15 - July 02

Session II July 06 - July 23

Session III July 27 - Aug.13

MONDAY - THURSDAY

10:00 - 10:45; 6:00 - 6:45 pm

\$201 CBRC MEMBERS

\$261 CBRC GUESTS

WEEKENDS:

*No class July 4th

Session I June 20 - July 18

Session II July 25 - Aug.15

SATURDAY

10:00 - 10:45 am

\$67 CBRC MEMBERS

\$87 CBRC GUESTS

MEMBER REGISTRATION OPENS APRIL 27TH
GUEST REGISTRATION OPENS MAY 18TH