

Circle Start Date & End Date if different than session dates

February 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

March 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

April 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

May 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

The pool will be closed for maintenance on March 14.

The club will be closed on April 4.

The pool will be on break for group lessons from April 2-10, 2010.

Late Winter Swim Brochure

2010 Group Swim Programs
February 28—May 1



We teach American Red Cross programs



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2010 Winter Group Swim Program

- Non-members are welcome in our group classes
- All group classes are limited to 6 participants for the lower level classes and 10 for the advanced classes.
- Occasionally the club will have to cancel a scheduled class due to pool maintenance, or a weather related closing. You will be refunded for those lessons at the end of the swim session.
- Parents with opposite sex children must use our family locker rooms. Please ask at the desk for a locker key.

Child Splash and Play

Ages 6 months—3 years ~ \$6.00 mbr/\$11.00 non

CS&P1 (Child Splash and Play) 30 minutes

No swimming ability required. Parent or guardian must enter the water with child

Preschool & 4-year old Kindergarten

Ages 3—5 years ~ \$6.00 mbr/\$11.00 non

APPW1 (Aqua Pre-Pee Wee 1) 30 minutes

No swimming ability required.

APPW2 (Aqua Pre-Pee Wee 2) 30 minutes

Submerge entire head for 5 seconds, swim by themselves 3 feet without touching the bottom, knows butterfly, front crawl, and back crawl.

Kindergarten

Ages 5—6 years ~ \$6.00 mbr/\$11.00 non

APW1 (Aqua Pee Wee 1) 30 minutes

No swimming ability required.

APW2 (Aqua Pee Wee 2) 30 minutes

Submerge entire head for 5 seconds, swim by themselves 3 feet without touching the bottom, knows butterfly, front crawl, and back crawl.

APW3 (Aqua Pee Wee 3) 30 minutes

Student can swim front & back crawl 10 feet, equipment optional, can swim 1 length of pool in any way.

Elementary School Age

1st grade & up

\$6.00 mbr/\$11.00 non (30 minute classes)
\$8.00 mbr/\$13.00 non (45 minute classes)

AF1.0 (Aqua Futurestars 1.0) 30 minutes
No swimming ability required.

AF1.5 (Aqua Futurestars 1.5) 30 minutes
Student can swim front & back crawl 10 feet, equipment optional, can swim 1 length of pool in any way.

AS2.0 (Aqua Superstars 2.0) 30 minutes
Swim front & back crawl 15 feet, butterfly 5 feet, swim 2 lengths of the pool in any way.

AS2.5 (Aqua Superstars 2.5) 45 minutes
Swim front & back crawl 20 feet, butterfly 10 feet, swim 3 lengths of the pool in any way.

AE3.0 (Aqua Excellence 3.0) 45 minutes
Swim front & back crawl 25 yards, butterfly 20 feet, understanding breast stroke, swim 5 lengths of the pool in any way.

The Wave Swim Team

\$10.00 mbr/\$15.00 non

Wave Beginner 60 minutes

Students must swim 100 yards (4 lengths) front crawl (Freestyle) and back crawl (Backstroke) to enter class. Also swim 20 feet Breast stroke and Butterfly. WAVE beginner will work on drills, endurance, and teach butterfly and breaststroke. Goggles required.

Wave Advanced 60 minutes

Students must continuously swim 400 yards (8 lengths) 200 front crawl (Freestyle) and 200 back crawl (Backstroke). In addition student must swim 50 yards breaststroke and 25 yards butterfly.

U.S. Masters Swimming

\$12.00/wk mbr (member only class)

Beginner to advanced 60 minutes

Work 30 minutes with a coach on drills to improve or teach strokes. Receive a work-out program each week. Goggles required. Cap recommended.

PRIVATE SWIM LESSONS

Are you interested in private swim lessons?

We offer private lessons to children and adults of all ages! However, you must be a member of our facility in order to participate.

If you are interested in private lessons, please let us know in one of the following ways:

- If you know the instructor that you wish to place yourself or your child with, please contact that instructor. You may speak directly with them, or leave a voicemail, email or message at our front desk.
- If you are uncertain which instructor to choose for private lessons, please contact Donna Wilson, our pool director. You may leave a voicemail, email, or message for her to call you. She will need to know what days and times work for you.

Pricing:

30 minute private	\$17.00
45 minute private	\$25.00
60 minute private	\$32.00

We also have semi-private lessons as well as privately created group lessons (members only), so we encourage you to contact us and we can fit you with the best solution for yourself and your family.

GROUP SWIM LESSONS

Registration Information

6 months—3 years

Class cost: \$48.00/mbr \$88.00/non-mbr

CS&P Wednesday Sandee 5:00-5:30 pm

3—6 years

Mon., Tues., Wed., and Thur. class cost: \$48.00/mbr \$88.00/non-mbr
Friday, Saturday and Sunday class cost: \$42.00/mbr \$77.00/non-mbr

APPW1	Monday	Sandee	9:00—9:30 am
APPW1	Monday	Donna	12:30—1:00 pm
APPW1	Wednesday	Sandee	4:00-4:30 pm
APPW1	Thursday	Sally	2:00-2:30 pm
APPW1	Saturday	Sally	10:00-10:30 am
APPW2	Monday	Sandee	9:30—10:00 am
APPW2	Monday	Donna	12:30—1:00 pm
APPW2	Wednesday	Sandee	4:00-4:30 pm
APPW2	Thursday	Sally	2:30-3:00 pm
APPW2	Saturday	Sally	10:00-10:30 am
APW1	Wednesday	Sandee	4:30—5:00 pm
APW2	Wednesday	Sandee	4:30-5:00 pm
APW3	Sunday	Donna	12:30-1:00 pm

1st grade & up—30 minutes

AF1.0	Wednesday	Sandee	5:30—6:00 pm
AF1.5	Monday	Sandee	4:45-5:15 pm
AF1.5	Tuesday	Sandee	4:00—4:30 pm
AS2.0	Monday	Sandee	4:15—4:45 pm
AS2.0	Tuesday	Sandee	4:30-5:00 pm

1st grade & up—45 minutes

Class cost: \$64.00/mbr \$104.00/non-mbr

AS2.5	Monday	Sally	6:15—7:00 pm
AS2.5	Tuesday	Sandee	5:00-5:30 pm
AE3.0	Monday	Sandee	5:15-6:00 pm

Wave

Class cost: \$80.00/mbr \$120.00/non-mbr
Saturdays class cost: \$70.00/mbr \$105.00/non-mbr

Wave Advanced	Monday	Sally	5:15—6:15 pm
Wave Beginner	Tuesday	Mary Kay	4:00-5:00 pm
Wave Advanced	Tuesday	Mary Kay	5:00-6:00 pm
Wave Advanced	Saturday	Sally	9:00—10:00 am

U.S. Masters Swimming

Class cost: \$91.00/mbr This is an adult members only class.

Both days Tuesday and Friday Tom 6:00-6:30 am

2010 Late Winter Swim Registration

Account #: (Mbr/Non-Mbr): _____

Student's Name: _____

Parent's Name: _____

Address: _____

Email address: _____

Home Phone: _____ Cell Phone: _____

Class Name: _____ Age: _____

Class Day: _____ Class Time: _____

Class Starting Date: _____ Ending Date: _____

Prorating: We will allow the registrant to begin their class after the session's beginning, or end the class early.

Amount Due: # weeks ____ x Rate ____ = \$ _____

Please note: We reserve the right to postpone a class if registration falls below a minimum of 3 participants. We will refund all unused portion or with the parent's permission move the student to another class.

Consent: We reserve the right to dismiss any student whose conduct is detrimental to the overall good of the drill, group, or club. In cases of gross misconduct, no refund will be made. I hereby authorize LCRAC to act for me according to their best judgment in any emergency which might require medical attention.

Signature: _____

- You are required to pay the entire program fee in advance.
- **Pre-registration is required!** Sorry, no phone registrations.
- In order to properly staff our programs, we regret that we will not be able to issue **REFUNDS or MAKE-UPS** for missed classes.

Office only: sell as Winter Swim club cash

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