

# SUMMER Aquatics

## SWIM LESSONS

**MORNING SWIM LESSONS**  
**MONDAY - FRIDAY**

SET #1 July 8 - 19 10 classes	SET #2 July 22 - Aug 2 10 classes	SET #3 August 6 - 16 9 classes
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	SET #1	SET #2	SET #3
Preschool 1 Octopus	10:00 10:30	10:00 10:30	10:00 10:30
Preschool 2 Crab	9:30 10:00	9:30 10:00	9:30 10:00
Preschool 3 Orca	9:30 11:00	9:30 11:00	9:30 11:00
Preschool 4 & 5 Sea Lion & Narwhal	10:30	10:30	10:30
Swimmer 1	10:00 11:15	10:00 11:15	10:00 11:15
Swimmer 2	9:30 10:30	9:30 10:30	9:30 10:30
Swimmer 3	9:30	9:30	9:30
Swimmer 4	10:00	10:00	10:00
Swimmer 5 (45 min)	9:30	9:30	9:30
Swimmer 6 (45 min)	10:30	10:30	10:30
Swimmer 7 (45 min) Rookie Patrol	10:30	10:30	10:30
Swimmer 8 & 9 (45 min) Ranger & Star Patrol	11:00	11:00	11:00

LESSON FEES	30 minutes	45 minutes levels 5-9
10 classes	\$65.50	\$82.00
<i>Set #3 is pro-rated</i>		

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### EVENING LESSONS

TUES & THURS July 16 - Aug 15 \$65.50/10 classes	WEDS July 10 - Aug 14 \$42/6 classes
Preschool 1 (ages 3-5) 5:30-6:00pm	Tot 3 (2- 3 yrs with adult) 5:30-6:00pm
Preschool 3 (ages 3-5) 5:30-6:00pm	Tot 1 & 2 (4 months - 2 yrs with adult) 6:00-6:30pm
Preschool 2 (ages 3-5) 6:00-6:30pm	
Swimmer 1 (ages 6+) 6:00-6:30pm	

LESSON FEE	30 minutes	45 minutes (levels 5-10)
6 classes	\$42.00	X
9 classes	\$58.95	\$73.80
10 classes	\$65.50	\$82.00



### SWIMMING LESSON TIPS FOR SUCCESS:

- **beginners: practice blowing bubbles in the bathtub and lowering ears into the water while reclined**
- **register in the appropriate level for safety reasons and for building swimming confidence**
- **avoid wearing long baggy shorts or t-shirts as these cause drag; choose snug fitting swimming attire**
- **goggles that fit well can help with swimmer comfort**
- **masks that cover the nose are NOT recommended as this hinders safety skill development**
- **tie up long hair away from the face or cover it with a swim cap**
- **swim for fun and practice the skills you've learned while you take a break from lessons**
- **ask your instructor if there is something particular you can practice on your own time to improve**