Group Swim Lessons
Aug 31st-Sept 26th

Registration Dates: August 18th – 28th
Online Registration Available-Call for details

Monthly Fee: Lessons are held weekly (4 lessons) $60 member $80 non-member

<table>
<thead>
<tr>
<th>Classes</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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</thead>
<tbody>
<tr>
<td>Little Guppies</td>
<td>10:30am Kay</td>
<td></td>
<td></td>
<td>4:15pm Grace</td>
<td></td>
<td>9am Grace</td>
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<tr>
<td>PS-Beginner</td>
<td></td>
<td>4:15pm Grace</td>
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<td></td>
<td>3:30pm Grace</td>
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<tr>
<td>PS-Intermediate</td>
<td>*4:15pm Maria</td>
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<td></td>
<td></td>
<td>4:15pm Grace</td>
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<tr>
<td>PS-Advanced</td>
<td></td>
<td>6pm Grace</td>
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<tr>
<td>Level 1</td>
<td>*5:45pm Maria</td>
<td>3:30pm Grace</td>
<td>5pm Grace</td>
<td></td>
<td>9:45am Grace</td>
<td></td>
</tr>
<tr>
<td>Level 2</td>
<td>*5pm Maria</td>
<td>5pm Brenna</td>
<td></td>
<td>11:15am Grace</td>
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<td></td>
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<tr>
<td>Level 3</td>
<td>4:15pm Grace</td>
<td>4:15pm Brenna</td>
<td>4:15pm Brenna</td>
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<tr>
<td>Level 4</td>
<td>5pm Grace</td>
<td></td>
<td>5:45pm Grace</td>
<td>5pm Brenna</td>
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<tr>
<td>Level 5</td>
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<td>5:45pm Brenna</td>
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NOTE: Classes with fewer than two students will be canceled or combined with another class.

- Swim School offers American Red Cross swim lessons for all ages and skill levels year-round. Instructors are Nationally Certified Swim Instructors.
- Specific Instructors may not be guaranteed.
- Classes may be added or removed based on demand.
- No phone reservations, refunds, pro-rates, credits, or make-up sessions unless a whole class is cancelled.
- Must be an active member to receive discount.
- Bring your Pro Health Membership card with you to register and check-in.

*No Classes on Monday September 7th*
Group Swim Lessons
Aug 31st-Sept 26th

Important Guidelines:

▪ All swimmers must check-in at the front desk no more than 10 minutes prior to their lesson time
▪ No pictures or videoing taping is allowed at anytime
▪ Pool deck is limited to one parent/guardian
▪ Aquatic exercise equipment is for adult use only
▪ All swimmers must shower before entering the pool
▪ Swimmer must wait to enter the water until invited by their instructor
▪ Except for Organized Swim lessons, Children are not allowed in the Lap Pool
▪ Children 4 years and older are not permitted into the opposite sex changing area (family changing areas are available)
▪ Pool rules and guidelines are enforced. Please read and be familiar with the rules prior to any pool activity.

Class Descriptions:

Little Guppies: 6 Months to 3 Years
Familiarizes young children to the water and prepares them to learn to swim in the Preschool program. This course gives parents safety information and teaches techniques to help orient their children to the water.

▪ PARENT IN WATER WITH CHILD
▪ 10:1 student/instructor ratio
▪ Classes are sometimes broken into Group-A and Group-B
▪ Group-B being the advanced level, swimmers should be at least 18 months old
▪ Double Diaper Policy: Plastic/Vinyl pant and swim diaper are required for un-toilet trained students

Pre-School: Age 3-4 y/o only (3 levels offered)
Beginner: Orient children to the aquatic environment and helps them gain basic aquatic skills
Intermediate: Children gain greater independence in their skills and develop more control in the water
Advanced: Helps children start to gain basic swimming propulsive skills

▪ Student/instructor ratio of 4:1
▪ Parents are NOT in the water in Preschool classes

Swim School: 5 years of age and older, no exceptions
Level 1 (SS1): Introduction to Water Skills: Students will learn how to feel comfortable in the water and safely enjoy it.
Level 2 (SS2): Fundamentals of Aquatic Skills: Children will learn basic swimming skills.
Level 3 (SS3): Stroke Development: Additional guided practice will help students improve their skills.
Level 4 (SS4): Stroke Improvement: Kids will gain confidence during swim lessons, improve their stroke, and gain additional aquatic skills.
Level 5 (SS5): Stroke Refinement: Guidance allows kids to refine their strokes and become more efficient swimmers.

Ask our staff for assistance if you are unsure which level is right for your swimmer.