

Our redesigned swim program progresses from getting kids comfortable in the water to basic breathing, floating skills and proper stroke technique. Our lessons are taught by trained instructors who have a strong passion for teaching kids the newest swimming techniques and water safety skills. We have a variety of lessons available for all ages and abilities.

You may register for the Summer Swim Lesson program at the Parkpoint Health and Swim Club Front Desk. Payment is due in person at the time of registration. Payments may be made by cash, check, credit card or charge to club account.

REGISTRATION: April 15–June 1, 2010

PARENT/TOT (ages 6 mos–3 yrs)

PARENT/TOT “GAMES & FUN”
offered at 11 am, 11:30 am & 5:30 pm
8–10 participants per class

This class is for kids 6 months to 3 years of age. This class will introduce proper learn to swim techniques such as blowing bubbles, kicking, going under water and submerging ears. Emphasis is placed on adjustment, care and handling of your child in the water. Each class is 25 minutes.

Members: \$55 • Non-members: \$65

PRIVATE LESSONS

Private Lessons (one student per instructor) are offered by appointment at your convenience.

Members: \$30 per ½ hour lesson
\$100 pack of 4

Non-members: \$45 per ½ hour lesson
\$160 pack of 4



GROUP LESSONS

Group Lessons are taught Monday–Thursday in two week sessions of eight, 25-minute lessons. Children are placed in groups of no more than six according to age and ability level. Group lessons are offered at 11 am, 11:30 am or 5:30 pm. Children must be a minimum of three years of age to participate.

Members: \$60 • Non-members: \$75

GROUPS (2–6 per class/ ages 3–8)

STARFISH

offered at 11 am & 11:30 am/6 kids per class max

This class is for kids who are comfortable playing in 1–2 feet of water without getting their faces wet or putting their head underwater. This beginner class will enable children with little water experience to become comfortable in the pool. Skills to be learned are putting face in the water while blowing bubbles, floating on stomach with hands on the bottom, assisted kicking while blowing bubbles, assisted back float with ears underwater and basic water safety skills.

Goal of this class: Kids should be able to put face in the water, pick up their feet and float for 1 second before standing back up.

JELLYFISH

offered at 11 am, 11:30 am & 5:30 pm
6 kids per class max

This class is for kids who are comfortable putting their faces in the water and briefly floating on their stomachs before standing up. This class will introduce the kids to basic arm movements, kicking with floating, body position/rotation and breath control. **Goal of this class:** Kids should be able to float on stomach, kick legs and move arms in the over-head form.

SEALS

offered at 11 am, 11:30 am & 5:30 pm
6 kids per class max

This class is for swimmers who are comfortable swimming on their own without assistance. This class will introduce the kids to side breathing, pushing off the walls underwater, kicking on back and backstroke arms. **Goal of this class:** Kids should be able to calmly float on stomach/back and swim five yards of freestyle

SEA OTTERS

offered at 11 am, 11:30 am & 5:30 pm
6 kids per class max

This class will introduce the kids to jumping from the side of the pool and swimming to the wall, flip turns, streamlines and dolphin kicking (stomach and back). Skills to be worked on include rhythmic side breathing, backstroke arms and pushing off the walls underwater. **Goals of this class:** Kids should be able to swim backstroke and underwater kick as far as possible.

DOLPHINS

offered at 11 am & 11:30 am/6 kids per class max

This class will introduce the kids to butterfly arms and breaststroke arms and legs. Skills to be worked on include freestyle and backstroke swimming, flipturns, streamlines underwater kicking and jumping in from the side. **Goals of this class:** Kids should be able to swim one lap of freestyle, one lap of backstroke and demonstrate the proper flip turn.

SWIM FIT CLASSES (ages 9–15)

Offered year round starting week of June 7
30 min. class; 8 kids per class max

Members: \$30 monthly/\$10 drop-in
Non-members: \$45 monthly/\$15 drop-in

SWIM FIT CLASS #1

Tuesdays 6 – 6:30 pm

This class is for kids graduating out of the Dolphins class or for kids looking for aquatic exercise in a non-competitive environment. This class will continue working on freestyle and backstroke.

SWIM FIT CLASS #2

Thursdays 6 – 6:30 pm

This class is for kids graduating out of the Swim Fit Class #1. This class will work on the endurance of the kids freestyle and backstroke and introduce breaststroke and butterfly swimming skills.

2010 Summer Swim Lessons

HEALDSBURG

LESSON RATES

PARENT/TOT

(Parent/Tot "Games & Fun")

Ages 6 months–3 years. 25-minute class, 2 weeks

Price per person:

Member: **\$55**

Non-Member: **\$65**

GROUPS (6 kids per class max)

(Starfish, Jellyfish, Seals, Sea Otters, Dolphins)

Ages 3–8 years. 25-minute class, 2 weeks

Price per person:

Member: **\$60**

Non-Member: **\$75**

SWIM FIT CLASSES (8 kids per class max)

30-minute class, offered year round starting week of June 7

Ages 9–15

Price per person:

Member: **\$30 monthly/\$10 drop-in**

Non-Member: **\$45 monthly/\$15 drop-in**

PRIVATE LESSONS

One student per instructor (ages 3 years and above)

Price per person:

Member: **\$30 per ½ hour lesson; \$100 pack of 4**

Non-Member: **\$45.00 per ½ hour lesson; \$160.00 pack of 4**

SESSION DATES

Sessions run Monday–Thursday for 2 weeks

Session 1: Monday, June 7 to Thursday June 17

Session 2: Monday, June 21 to Thursday July 1

Session 3: Monday, July 5 to Thursday July 15

Session 4: Monday, July 19 to Thursday July 29

SWIM LESSONS POLICIES

- There are no make-ups for missed group lessons
- Private lessons are available based on instructor availability.
- All sign ups for swim lessons must be made in person. We do not accept telephone registration.
- The "Swim Registration Form" must be signed and completed and payment must be received in order to register.
- Your child must be on your Club membership in order to receive the member rate.

PAYMENT and REFUND POLICY

Payment is by Cash, Check, Credit Card and/or Charge to Account, due at time of registration. **NO REFUNDS** will be given unless cancellation is made 7 days prior to the beginning of the session.



You. Fit.

REGISTRATION: April 15–June 1, 2010

