

Blue Ridge Swim Lessons Summer 2009

Very Beginner: Little or no experience in the water. *Goal:* Water adjustment.

Beginner 1: Comfortable with blowing bubbles and kicking on pool wall. *Goals:* Bobs, push-offs, kicking on front and back. Crawl stroke introduced.

Beginner 2: Not yet comfortable swimming on own. *Goals:* Crawl stroke, backstroke, and swimming width of pool.

Beginner 3: Able to swim width of pool, yet not comfortable swimming on own. *Goals:* Building endurance, preparing swimmer for next level.

Advanced Beginner: Must be able to swim width of pool consistently. Focus on improvement of crawl and backstroke. *Goals:* Side breathing and backstroke. Breaststroke and diving introduced.

Intermediate: Prerequisite: Completion of Advanced Beginner class. Focus on improvement of all major strokes. *Goals:* Breaststroke, butterfly, and diving.

Stroke and Racing: Taught with a focus on improving stroke for racing. Must have a firm grasp of all 4 major strokes.

June 15 – June 19: (5- ½ hour lessons)
Registration: June 3 – June 10

June 22 – July 3: (10- ½ hour lessons)
Registration: June 10 – June 17

July 6 – July 17: (10- ½ hour lessons)
Registration: June 24 – July 1

July 20 – July 31: (10- ½ hour lessons)
Registration: July 8 – July 15

August 3 – August 14: (10- ½ hour lessons)
Registration: July 22 – July 29

August 17 – August 28: (10- ½ hour lessons)
Registration: August 5 – August 12

Price: (Prices shown are for 10- lesson session)
Blue Ridge Residents: \$50
Non-Residents: \$70

Note: Swim lesson times from June 15 – June 19 are from 10am to 12:30pm. All other times are from 10:30am to 1pm.

All sign-ups must be done in person at the clubhouse.

Contact: Blue Ridge Club, 10040 15th Ave. N, Seattle, WA 98177

Phone: 206.784.3868 (Ask for John, AJ, or Laura regarding lessons questions)

MEMBER REGISTRATION NOTE:

Blue Ridge Residents are permitted to sign up the Monday preceding the given registration date. Member registration begins as follows:

Session 1: June 1
Session 2: June 8
Session 3: June 22
Session 4: July 6
Session 5: July 20
Session 6: August 3