

FORGET YOUR FEARS!

INTRODUCTION

Attend this one-hour presentation and learn why "Forget Your Fears" swimming will truly conquer your fear of the water.

Monday May 14 7-8 p.m. FREE (M), \$18 (NM) 806106

INDIVIDUAL SESSIONS

Courage is having the fear and doing it anyway (while still having fun). You'll be met at your level without any pressure, so you can't fail. The next step is continuing your exploration of water by learning movement with ease and grace while remaining in control. The final step is to master your confidence and prevent panic.

Watch the beliefs that have held you in fear for so long be replaced by the beliefs you desire. Continue your journey and develop comfort in deep water. Program is customized for each individual and broken into 8-hour blocks until freedom in deep water is attained. By appointment only.

For more information contact Helenita Jacobs: [hjacobson@proclub.com](mailto:hjacobs@proclub.com).

PRIVATE LESSONS

Lessons may be scheduled at any time, based on instructor availability. Whether you have a preference for a specific instructor or need help finding one, we're happy to assist you.

30-MINUTES

1 student \$37.50-\$52.50
2 students \$25-\$31 per student

45-MINUTES

1 student \$55-\$78.75
2 students \$37.50-\$46.50 per student

60-MINUTES

1 student \$75-\$105
2 students \$50-\$62 per student

Rates based on instructor's experience. Private swim lessons are also available for 3 students and 4 students. Please contact Aquatics for rates.

Inquire at the Aquatics office, call (425) 861-6274 or e-mail: aquaticsinfo@proclub.com.

Updated: 4/25/2012

Learning how to swim is a challenging task at any age, but the rewards are well worth it. You'll develop essential lifelong skills, building confidence in the water while establishing a healthier lifestyle. Swimming is also a low-impact workout which is perfect for those who are recovering from injuries.

Allow us to help you discover the joys of swimming!



MAY-JUNE 2012

Ages 18 and Older

Regardless of your swimming ability, we offer a variety of programs to fit your needs:

FITNESS CLASSES

Looking for an aquatic workout? Please see our insert for water-based exercise classes.

FORGET YOUR FEARS!

This program will build your confidence and help you conquer your fear of water.

GROUP SWIM LESSONS

In these classes, you will learn and develop all strokes including freestyle, backstroke, and breast stroke. Appropriate for beginners to advanced swimmers.

PRIVATE LESSONS

Lessons may be scheduled at any time, based on instructor availability.

TOTAL IMMERSION

This nationally recognized program utilizes cutting edge techniques to help you achieve your goals at any skill level.

AQUATIC CENTER
(425) 861-6274

aquaticsinfo@proclub.com

proclub.com



REGISTRATION TIMELINE: 7 AM
 4/16/12 PRE-ENROLLMENT
 4/18/12 CHANGE OVER
 4/19/12 OPEN ENROLLMENT

ONLINE REGISTRATION:
 For open enrollment only. Begins
April 19, 2012 at 5 AM.

To enroll, log onto proclub.com with your user ID and use the following URL links to register: www.proclub.com/onlineclassregistration.

ENTRY REQUIREMENTS:

ADULT INTRO TO SWIMMING

This class is the perfect introduction for adults who may be fearful of the water or have never been swimming. The fear of water can be challenging and we'll start with the basics – learning how to balance, float, and, most importantly, becoming comfortable in the water. There's no pressure to learn how to swim. Go at your own pace. *Note: Only offered in 1 hour time slots, 4 students maximum.*

LEVEL 1

Adult 1 (Beginner): For those who are comfortable in water but haven't had any formal lessons. Independent swimming is not required. Learn basic movements in the water including gliding, breathing techniques, basic freestyle, and backstroke.

LEVEL 2

Adult 2 (Experienced Beginner): For those who have completed Adult 1 (or a comparable level) and are comfortable in water up to 9 feet deep. Class will focus on improving efficiency and endurance in freestyle and backstroke.

LEVEL 3

Adult 3 (Advanced): Work on the finer points of freestyle and backstroke. Also learn basic techniques for breaststroke, elementary backstroke, treading water, and butterfly. Must be able to swim 25 yards continuously with side breathing.

SESSION 3: APRIL 23-JUNE 16 (NO CLASS 5/26, 5/28)

30-MINUTE LESSONS			
MONDAY <i>4/23/12-6/11/12 (no class 5/28), 7 days</i>			
			<i>\$79 (M)</i>
Adult 1	7:30-8 p.m.	Kei K.	124272
	8-8:30 p.m.	Kei K.	124273
TUESDAY <i>4/24/12-6/12/12, 8 days</i>			
			<i>\$90 (M)</i>
Adult 1	8-8:30 a.m.	Misty G.	124275
	6:30-7 p.m.	Kei K.	124276
Adult 2	8:30-9 a.m.	Misty G.	125203
	7-7:30 p.m.	Kei K.	125204
Adult 3	7:30-8 p.m.	Kei K.	126124
THURSDAY <i>4/26/12-6/14/12, 8 days</i>			
			<i>\$90 (M)</i>
Adult 1	7-7:30 p.m.	Dawn V.	124277
	7:30-8 p.m.	Alice S.	124278
Adult 2	8-8:30 p.m.	Alice S.	125205
FRIDAY <i>4/27/12-6/15/12, 8 days</i>			
			<i>\$90 (M)</i>
Adult 1	12-12:30 p.m.	Meryl R.	124279
Adult 2	12:30-1 p.m.	Meryl R.	125206
SATURDAY <i>4/28/12-6/16/12 (no class 5/26), 7 days</i>			
			<i>\$79 (M)</i>
Adult 1	8-8:30 a.m.	Carol M.	124280
Adult 2	8:30-9 a.m.	Carol M.	125207
45-MINUTE LESSONS			
MONDAY <i>4/23/12-6/11/12 (no class 5/28), 7 days</i>			
			<i>\$119 (M)</i>
Adult 1	7:45-8:30 a.m.	Meryl R.	774135
	7-7:45 p.m.	Josh K.	774136
Adult 2	8:30-9:15 a.m.	Meryl R.	775128
	7:45-8:30 p.m.	Josh K.	775129
WEDNESDAY <i>4/25/12-6/13/12, 8 days</i>			
			<i>\$136 (M)</i>
Adult 1	7:45-8:30 a.m.	Meryl R.	774137
Adult 2	8:30-9:15 a.m.	Meryl R.	775130
FRIDAY <i>4/27/12-6/15/12, 8 days</i>			
			<i>\$136 (M)</i>
Adult 1	7:45-8:30 a.m.	Meryl R.	774138
	7-7:45 p.m.	Jason P.	774139
Adult 2	8:30-9:15 a.m.	Meryl R.	775131
60-MINUTE LESSONS			
TUESDAY <i>4/24/12-6/12/12, 8 days</i>			
			<i>\$180 (M)</i>
Adult Intro to Swimming	8-9 a.m.	Helenita J.	816116
	12-1 p.m.	Helenita J.	816117

Updated: 4/25/2012

No refunds after session has started. Please note we are not able to offer make-up classes for missed group lessons. Instructors subject to change without notice. Minimum of 2 enrollees required. If minimum is not met, class will be cancelled.

Whether you're a beginning swimmer or veteran triathlete, our TI-certified teaching experts offer "Learn to Swim" programs, private and group lessons, and workshops to help you achieve your goals.

GROUP SWIM LESSONS

Perpetual Motion Freestyle. Learn how to work with gravity, be streamlined, and follow the path of least resistance to become a better and smarter swimmer. This 8-hour series is broken down into 2-hour lessons. Your stroke will be videotaped at the beginning and end of the session, and uploaded for your viewing. Lessons held in the multi-purpose pool.

Monday June 4-25 8-10 p.m. \$300 (M), \$394 (NM) 679121

STROKE CLINIC

Perfect for Triathletes or for anyone who desires to improve their stroke! This 2-hour clinic focuses on balance, streamline, and propulsion in a practice setting. Your stroke will be videotaped at the beginning and end of the session, and uploaded for your viewing. Held in the multi-purpose pool.

Sunday June 10 7-9 a.m. \$30 (M), \$48 (NM) 773110

CREATE A WORKSHOP

If our workshop times don't fit your schedule, gather 1-3 people together and we'll create one that does.

3 hours: \$210 (M), \$249 (NM)
4 hours: \$280 (M), \$332 (NM)
5 hours: \$350 (M), \$415 (NM)
6 hours: \$400 (M), \$495 (NM)

Rates will be discounted for workshops with 2 or more participants.

Updated: 4/25/2012

TOTAL IMMERSION PRIVATE LESSON RATES
One-Hour

Members	
1 person:	\$80
Package:	6 Lessons = \$432 10 Lessons = \$680
2 people:	\$60/person
Package:	6 Lessons = \$324 10 Lessons = \$510
3 people:	\$50/person
Package:	6 Lessons = \$270 10 Lessons = \$425
4 people:	\$40/person
Package:	6 Lessons = \$216 10 Lessons = \$340
Follow-up Lesson*: \$65/person	

Non-Members	
1 person:	\$95
Package:	6 Lessons = \$513 10 Lessons = \$807
2 people:	\$75/person
Package:	6 Lessons = \$405 10 Lessons = \$637
3 people:	\$65/person
Package:	6 Lessons = \$351 10 Lessons = \$552
4 people:	\$55/person
Package:	6 Lessons = \$297 10 Lessons = \$467
Follow-up Lesson*: \$80/person	

VIDEOTAPING AVAILABLE

**PREREQUISITE: Must have completed a National TI Workshop, Create a Workshop, or a package.*



TO REGISTER please contact the Aquatic Center at **(425) 861-6274** or for more information please e-mail aquaticsinfo@proclub.com.



MONTHLY ENROLLMENT CLASSES

PERFORMANCE SWIM TRAINING: $Velocity = Stroke Rate \times Stroke Length$

While convention dictates that a higher stroke rate should yield higher velocity, it's also true that the added kicking and arm movements only make you more tired. Swimming faster needs to be both strategic and sustainable if your goal is to perform optimally at your next race or swim. Establish your optimal stroke rate and stroke length ratio, and build your performance from there. Each workout in this program is designed to give you direct feedback on your progress. Every yard that you swim will have a purpose. We'll be using the Finis Tempo Trainer. Should be able to swim continuously for 200 yards.

M/W	12-1 PM	May 2-30 (no class 5/28)	\$44 (M)	839103
		June 4-27	\$44 (M)	839104



TRIATHLON SWIM TRAINING

INTERMEDIATE LEVEL

The key to speed in an endurance event is economy. Improve your performance in this class which provides guidance on technique, drills, strength, speed, endurance, and a structured program to help improve your economy. Whether you're a triathlete entering a sprint or full Ironman, or an active swimmer who uses swimming to complement your workout program, this class is for you. Special price for PRO Sports Club Triathlete Team Members. Available for online enrollment. See individual flyer for more details.

M/W	7-8 AM	May 2-30 (no class 5/28)	\$44 (M), \$36 (PSCTT)	16212
		June 4-27	\$44 (M), \$36 (PSCTT)	16215
T/TH	6-7 AM	May 1-31	\$55 (M), \$45 (PSCTT)	16210
		June 5-28	\$44 (M), \$36 (PSCTT)	16216
T/TH	9:30-10:30 AM	May 1-31	\$55 (M), \$45 (PSCTT)	16211
		June 5-28	\$44 (M), \$36 (PSCTT)	16217
F	6-7 AM	May 4-25	\$22 (M), \$18 (PSCTT)	16213
		June 1-29	\$28 (M), \$23 (PSCTT)	16214



FREE CLASSES

HYDRO FITNESS

Get your heart pumping with this energizing workout. A variety of long and short lever movements combined with buoyant, resistive equipment enhances cardio, muscular strength, and endurance. All levels are welcome in this fun and energetic class.

PUNCH CARD CLASSES 1 CLASS = \$5, 1 PUNCH CARD (10 CLASSES) = \$30

AQUA CONDITIONING

Get a vigorous and fun workout in both shallow and deep ends of the pool. Whether beginner or advanced, work at your own level.

H2O CARDIO

Held in deep water, this class focuses on movements which challenge your balance and core strength. This wake-up workout to fun music will leave you revitalized for the weekend.

MASTERS SWIM TEAM

This program is comprised of swimmers who meet for organized practices, while receiving tips on training and opportunities to participate in local Masters swim meets. All levels of fitness are encouraged to join. Get a great coached workout, improve your endurance and swim technique, and meet new people. Competitive swimming background helpful, but not required. Should be able to swim approximately 1000 yards in 30 minutes.





MAY-JUNE 2012

NO CLASSES 5/28

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00-7:00 Triathlon Swim Training Michael Covey Multi-Purpose Pool <i>Enrollment</i>		6:00-7:00 Triathlon Swim Training Michael Covey Multi-Purpose Pool <i>Enrollment</i>	6:00-7:00 Triathlon Swim Training Eric Preston Multi-Purpose Pool <i>Enrollment</i>	
7:00-8:00 Triathlon Swim Training Eric Preston Multi-Purpose Pool <i>Enrollment</i>		7:00-8:00 Triathlon Swim Training Eric Preston Multi-Purpose Pool <i>Enrollment</i>			
8:15-9:10 Hydro Fitness Misty Gage Recreation Pool <i>FREE!</i>		8:15-9:10 Hydro Fitness Misty Gage Recreation Pool <i>FREE!</i>			
					9:00-10:00 H2O Cardio Misty Gage Multi-Purpose Pool <i>Punch Card Class</i>
9:30-10:30 Aqua Conditioning Meryl Retallack Multi-Purpose Pool <i>Punch Card Class</i>	9:30-10:30 Triathlon Swim Training Michael Covey Multi-Purpose Pool <i>Enrollment</i>	9:30-10:30 Aqua Conditioning Meryl Retallack Multi-Purpose Pool <i>Punch Card Class</i>	9:30-10:30 Triathlon Swim Training Michael Covey Multi-Purpose Pool <i>Enrollment</i>	9:30-10:30 Aqua Conditioning Meryl Retallack Multi-Purpose Pool <i>Punch Card Class</i>	
12:00-1:00 Performance Swim Training Helenita Jacobs Multi-Purpose Pool <i>Enrollment</i>		12:00-1:00 Performance Swim Training Helenita Jacobs Multi-Purpose Pool <i>Enrollment</i>			
	6:30-7:30 Master's Swim Team Carol McCaig Multi-Purpose Pool <i>Punch Card Class</i>		6:30-7:30 Master's Swim Team Carol McCaig Multi-Purpose Pool <i>Punch Card Class</i>		

Updated: 3/19/2012

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Members only. Ages 18 and older. Instructors subject to change without notice. Minimum number of participants required (varies by class). No refunds after session has started.

