

2012 SWIM LESSON REGISTRATION SCHEDULE



Open to Members and Children of Members Only

ADULT, BABY, & YOUTH GROUP SWIM LESSONS					
Session	Dates	Flyers Posted	Pre-enrollment	Change Over	Open Enrollment
1	January 3-February 26 (no class 1/2, 1/16)	12/10/2011	12/12/2011	12/14/2011	12/15/2011
2	February 27-April 22 (no class 4/8)	2/18/2012	2/20/2012	2/22/2012	2/23/2012
3	April 23-June 17 (no class 5/26-5/28)	4/14/2012	4/16/2012	4/18/2012	4/19/2012
4	June 18-July 22 (no class 7/4)	6/9/2012	6/11/2012	6/13/2012	6/14/2012
5	July 23-August 26	7/14/2012	7/16/2012	7/18/2012	7/19/2012
6	September 4-October 28 (no class 8/27-9/3, 10/27*, 10/28**)	8/18/2012	8/20/2012	8/22/2012	8/23/2012
7	October 29-December 16 (no class 11/22-11/25, 12/1***)	10/20/2012	10/22/2012	10/24/2012	10/25/2012

* On 10/27, no classes from 2 p.m. onwards.

** On 10/28, no classes from 1 p.m. onwards.

*** On 12/1, the Aquatics Center will close at 1:30 p.m. No classes from 1:30 p.m. onwards.

YOUTH GROUP 2 WEEK INTENSIVE SWIM LESSONS					
Session	Dates	Flyers Posted	Pre-enrollment	Change Over	Open Enrollment
A	June 18-28	3/1/2012			3/12/2012
B	July 2-12 (no class 7/4)	6/23/2012	6/27/2012	6/28/2012	6/29/2012
C	July 23-August 2	7/7/2012	7/11/2012	7/12/2012	7/13/2012
D	August 6-16	7/28/2012	8/1/2012	8/2/2012	8/3/2012

PRE-ENROLLMENT: Students may sign up for the same class and time that they are currently enrolled.

CHANGE OVER: Students currently enrolled may switch classes and times.

OPEN ENROLLMENT: All PRO Sports Club members may sign-up.

See back for Youth Group Swim
entry requirements →

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 for Adult/Youth Group and minimum of 3 enrollees for Baby Aquatics required. If minimum is not met, class will be cancelled.

For more information or if you would like to receive e-mail enrollment reminders, please contact the Aquatics Center: (425) 861-6274, aquaticsinfo@proclub.com.



YOUTH GROUP SWIM LESSON ENTRY REQUIREMENTS



PRO Sports Club's Aquatic Center teaches more kids how to swim than anywhere else in the state. Our exclusive program combines the best of several nationally-recognized, cutting edge techniques to develop more efficient swimmers while instilling confidence. Our instructors are experts with individuals of all ages and abilities and they specialize in providing an enjoyable and comfortable experience.

Tiny Bubbles (3-5 years), Preschool (3-5 years), Youth (6-12 years)

Must be able to perform skills listed prior to entering the program level.

TINY BUBBLES:

- Suited to children new to the water, fearful of water, or those who are transitioning to swimming independently (without parental assistance)

PRESCHOOL 1, YOUTH 1:

- Beginner level, no experience required

PRESCHOOL 2, YOUTH 2:

- Submerge head in a rhythmic pattern (3 times for Preschool; 5 times for Youth)
- Front float, face-down, and back float independently
- Independent swim on front, face-down (10 feet for Preschool; 20 feet for Youth)

PRESCHOOL 3, YOUTH 3:

- Front, face-down glide, and back glide
- Front crawl stroke with rhythmic breathing by rolling onto back (5 yards for Preschool; 15 yards for Youth)
- Independent swim on back with flutter kick and horizontal body position
- Backstroke (5 yards for Preschool; 15 yards for Youth)
- Elementary backstroke (5 yards for Preschool; 10 yards for Youth)

PRESCHOOL 4, YOUTH 4:

- Crawl stroke with side breathing, backstroke, and elementary backstroke (15 yards for Preschool; 25 yards for Youth)
- Breaststroke with proper arm movement and kick (15 yards for Preschool; 25 yards for Youth)
- Comfortable swimming in water up to 9 feet deep

PRESCHOOL 5, YOUTH 5:

- Crawl stroke with alternate side breathing and backstroke (25 yards for Preschool; 50 yards for Youth)
- Breaststroke with proper technique combining proper arm movement, kick, and breathing (25 yards for Preschool; 50 yards for Youth)
- Butterfly with proper dolphin kick (15 yards for Preschool; 25 yards for Youth)
- Dive in kneeling and standing position
- Tread water for 1 minute
- Swim underwater (5 yards)

PRE COMPETITION (AGES 6-12 YEARS):

- Must successfully complete Youth 5 or pass tryouts
- Crawl stroke with alternate side breathing and backstroke (100 yards)
- Breaststroke with proper technique and timing (100 yards)
- Butterfly with proper technique combining arm movement, kick, and breathing (25 yards)
- Dive from starting blocks

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