

Ages 3-12 years (*Tiny Bubbles* ages 3-5; *Pre series* ages 3-5; *Youth series* ages 6-12)

Open to Members and Children of Members only



Session D: Monday-Thursday, 8/8/11-8/18/11

Youth Group Swim 2-Week Intensive

A great way to learn, develop, and refine swimming skills. Students attend classes four days per week for two weeks.

Summer Only!
Open enrollment
begins Friday,
August 5.



YOUTH GROUP 2 WEEK INTENSIVE SWIM LESSONS					
Session	Dates	Flyers Posted	Pre Enrollment	Change Over	Open Enrollment
A	June 20-30	4/16/2011			5/23/2011
B	July 5-14 (no class 7/4)	6/27/2011	6/29/2011	6/30/2011	7/1/2011
C	July 25-August 4	7/11/2011	7/13/2011	7/14/2011	7/15/2011
D	August 8-18	8/1/2011	8/3/2011	8/4/2011	8/5/2011

Level	Time	Instructor	Code
SESSION D: Open Enrollment: Friday, August 5, 2011			
Monday-Thursday 8/8/11-8/18/11, 8 days			
<i>\$82 (M), \$98 (NMCM)</i>			
Tiny Bubbles	10-10:30 a.m.	Bryan K.	786104
	12:30-1 p.m.	Rebekah D.	786105
Pre 1	Cancelled 9-9:30 a.m.	Kelsey B.	1311147
	9:30-10 a.m.	Kelsey B.	1311148
	9:30-10 a.m.	Kirstin S.	1311149
	10:30-11 a.m.	Kei K.	1311150
	11-11:30 a.m.	Bryan K.	1311151
	11-11:30 a.m.	Rebekah D.	1311152
	12-12:30 p.m.	Katie S.	1311153
	NEW! 12:30-1 p.m.	Katie S.	1311154
	1-1:30 p.m.	Kirstin S.	1311155
	1:30-2 p.m.	Katie S.	1311156
Pre 2	2:30-3 p.m.	Taryn A.	1311157
	10:30-11 a.m.	Kirstin S.	132930
	12:30-1 p.m.	Kirstin S.	132931
Pre 3	2-2:30 p.m.	Taryn A.	132932
	10-10:30 a.m.	Kei K.	133651
Pre 4	11-11:30 a.m.	Taryn A.	133652
	11:30 a.m.-12 p.m.	Rebekah D.	133653
Youth 1	1-1:30 p.m.	Taryn A.	133654
	10:30-11 a.m.	Taryn A.	134340
Youth 2	10-10:30 a.m.	Kelsey B.	135241
	11:30 a.m.-12 p.m.	Kirstin S.	135242
Youth 3	1:30-2 p.m.	Kirstin S.	135243
	9:30-10 a.m.	Kei K.	136392
	10:30-11 a.m.	Rebekah D.	136393
	11-11:30 a.m.	Kirstin S.	136394
Youth 4	1-1:30 p.m.	Katie S.	136395
	10-10:30 a.m.	Kirstin S.	137625
	10:30-11 a.m.	Bryan K.	137626
	11:30 a.m.-12 p.m.	Taryn A.	137627
	12-12:30 p.m.	Rebekah D.	137628
	NEW! 12:30-1 p.m.	Taryn A.	137629
	2-2:30 p.m.	Kirstin S.	137630
Youth 5	2:30-3 p.m.	Katie S.	137631
	NEW! 8:30-9 a.m.	Kelsey B.	138437
	9-9:30 a.m.	Kei K.	138438
	10:30-11 a.m.	Kelsey B.	138439
	11:30 a.m.-12 p.m.	Bryan K.	138440
Pre Comp	1:30-2 p.m.	Taryn A.	138441
	2-2:30 p.m.	Katie S.	138442
	9-9:30 a.m.	Kirstin S.	139342
	11-11:30 a.m.	Kelsey B.	139343
Pre Comp	12-12:30 p.m.	Bryan K.	139344
	3-3:30 p.m.	Katie S.	139345
	NEW! 9-9 a.m.	Kelsey B.	140279
Pre Comp	11:30 a.m.-12 p.m.	Kelsey B.	140277
	2:30-3 p.m.	Kirstin S.	140278

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. Register by contacting the Aquatic Center at (425) 861-6274 or for more information please e-mail aquaticsinfo@proclub.com.



Updated: 8/4/2011

Youth Group Swim 2-Week Intensive

AQUATICS



Youth Group Swim Lessons ENTRY REQUIREMENTS

Tiny Bubbles ages 3-5; Pre series ages 3-5) Youth series ages 6-12. *Must be able to perform skills listed prior to entering the program level.*

TINY BUBBLES:

- In this water discovery class, your child will be introduced to water in a patient, gentle manner. As they explore the water without any pressure to swim, they develop joy and trust. No experience needed to learn to have fun in the water. This class is suited to children new to the water, fearful of the water, and those who have never taken a class without their parent.

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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ENROLL ONLINE (ONLINE REGISTRATION FOR OPEN ENROLLMENT ONLY. BEGINS AT 5 a.m., 8/5/2011)

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

PRO
Sports Club

Updated: 8/4/2011