

Ages 3-12 years (Pre series is for ages 3-5; Youth series is for ages 6-12.)

Open to Members and Children of Members only

AQUATICS

Session 5: 7/26/10-8/27/10

* Pre-Comp is by tryouts only. Please contact Aquatics Department for class placement.

Youth Group Swim WEEKDAYS

LEVEL	TIME	INSTRUCTOR	CODE
MONDAY 7/26/10-8/23/10, 5 days			
<i>Morning</i> \$51 (M), \$62 (NMCM)			
Pre 1	10-10:30 a.m.	Clayton	131505
	11-11:30 a.m.	Clayton	131506
Pre 2	11:30 a.m.-12 p.m.	Clayton	131507
	10:30-11 a.m.	Clayton	132403
<i>Afternoon</i>			
Pre 1	2-2:30 p.m.	Chloe	131508
	3:30-4 p.m.	Clayton	131509
Pre 2	1:30-2 p.m.	Chloe	132404
	2:30-3 p.m.	Chloe	132405
	3:30-4 PM	Chloe	132406
<i>Evening</i>			
Pre 1	4-4:30 p.m.	Chloe	131510
	4-4:30 p.m.	Clayton	131511
	4:30-5 p.m.	Jenn	131512
	5-5:30 p.m.	Jessie	131513
	5:30-6 p.m.	Jordan	131514
Pre 2	6-6:30 p.m.	Jessie	131515
	4-4:30 p.m.	Jessie	132407
	4:30-5 p.m.	Clayton	132408
	5-5:30 p.m.	Clayton	132409
	5-5:30 p.m.	Jordan	132410
Pre 3	5:30-6 p.m.	Clayton	132411
	5:30-6 p.m.	Jessie	132412
	6-6:30 p.m.	Jenn	132413
	4:30-5 p.m.	Jessie	133315
	5-5:30 p.m.	Jenn	133316
Pre 4	6-6:30 p.m.	Jordan	133317
	6:30-7 p.m.	Jessie	133318
Youth 2	4:30-5 p.m.	Paul	134194
Youth 3	4-4:30 p.m.	Jenn	136201
	5:30-6 p.m.	Jenn	136202
Youth 4	4-4:30 p.m.	Paul	137306
	4:30-5 p.m.	Jordan	137307
Youth 5	5:30-6 p.m.	Paul	137308
	4-4:30 p.m.	Vivien	138233
Pre Comp*	6:30-7 p.m.	Jordan	138234
	4:30-5 p.m.	Vivien	139188
Pre Comp*	7-7:30 p.m.	Jordan	139189
	6-6:30 p.m.	Janet	140158
	6:30-7 p.m.	Janet	140159

🔑 (M)=Member, (NMCM)=Child of Member

WEDNESDAY		7/28/10-8/25/10, 5 days		
<i>Morning</i> \$51 (M), \$62 (NMCM)				
Pre 1	10:30-11 a.m.	Chloe	131556	
	10:30-11 a.m.	Paul	131557	
Pre 2	11-11:30 a.m.	Krista	131558	
	10-10:30 a.m.	Krista	132440	
Pre 3	11-11:30 a.m.	Paul	132441	
	10:30-11 a.m.	Krista	133331	
Pre 4	11-11:30 a.m.	Chloe	133332	
Youth 1	11:30 a.m.-12 p.m.	Krista	134205	
Youth 5	10-10:30 a.m.	Paul	135148	
	11:30 a.m.-12 p.m.	Paul	139197	
<i>Afternoon</i>				
Pre 1	1-1:30 p.m.	Krista	131559	
	1:30-2 p.m.	Alice	131560	
Pre 2	NEW! 3-3:30 p.m.	Kelsey	131561	
	2-2:30 p.m.	Alice	132442	
Pre 3	3-3:30 p.m.	Jessie	132443	
	12-12:30 p.m.	Krista	133333	
Pre 4	2-2:30 p.m.	Seby	133334	
	2:30-3 p.m.	Alice	133335	
Pre 5	12:30-1 p.m.	Krista	134206	
	1-1:30 p.m.	Alice	134207	
Youth 2	2-2:30 p.m.	Jessie	680103	
Youth 3	NEW! 3:30-4 p.m.	Kelsey	136211	
Youth 4	NEW! 1:30-2 p.m.	Seby	137327	
	3:30-4 p.m.	Jessie	137328	
Youth 5	3-3:30 p.m.	Seby	138247	
	3:30-4 p.m.	Olivia	138248	
Pre Comp*	3-3:30 p.m.	Alice	139198	
	2:30-3 p.m.	Jessie	140163	
<i>Evening</i>				
Pre 1	4-4:30 p.m.	Jenn	131562	
	5-5:30 p.m.	Kristi	131563	
	5:30-6 p.m.	Jessie	131564	
	6-6:30 p.m.	Paul	131565	
	Cancelled 6:30-7 p.m.	Kristi	131566	
Pre 2	6:30-7 p.m.	Paul	131567	
	4-4:30 p.m.	Jessie	132444	
	4:30-5 p.m.	Jill	132445	
	5-5:30 p.m.	Olivia	132446	
	5-5:30 p.m.	Paul	132447	
Pre 3	5:30-6 p.m.	Jill	132448	
	4-4:30 p.m.	Kelsey	133336	
	4:30-5 p.m.	Jenn	133337	
	5-5:30 p.m.	Jenn	133338	
	4:30-5 p.m.	Kelsey	134208	
Pre 4	5:30-6 p.m.	Kristi	134209	
	NEW! 6:30-7 p.m.	Kristi	134210	
	5-5:30 p.m.	Jessie	135149	
	Youth 1	4-4:30 p.m.	Paul	136212
	Youth 2	5:30-6 p.m.	Jenn	136213
Youth 3	4-4:30 p.m.	Kristi	137329	
	4:30-5 p.m.	Paul	137330	
	5-5:30 p.m.	Jill	137331	
	5:30-6 p.m.	Olivia	137332	
	5:30-6 p.m.	Paul	137333	
Youth 4	6-6:30 p.m.	Jenn	137334	
	4-4:30 p.m.	Olivia	138249	
Youth 5	6-6:30 p.m.	Olivia/Jessie	138250	
	4:30-5 p.m.	Olivia	139199	
Pre Comp*	7-7:30 p.m.	Jessie	139200	
	6-6:30 p.m.	Kristi	140164	
	6:30-7 p.m.	Jessie	140165	

7 AM, REGISTRATION TIMELINE:

JULY 19	PRE-ENROLLMENT: Children may sign up for the same class and time that they are currently enrolled.
JULY 21	CHANGEOVER: Children currently enrolled may switch classes and times.
JULY 22	OPEN ENROLLMENT: All PRO Sports Club members may sign-up.
JULY 26	FIRST WEEK OF CLASSES.

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.

For more information, e-mail us at aquaticsinfo@proclub.com.



Youth Group Swim WEEKDAYS

(Continued) AQUATICS Session 5: 7/26/10-8/27/10

* Pre-Comp is by tryouts only. Please contact Aquatics Department for class placement.

LEVEL	TIME	INSTRUCTOR	CODE
TUESDAY 7/27/10-8/24/10, 5 days			
<i>Morning</i> \$51 (M), \$62 (NMCM)			
Pre 1	10-10:30 a.m.	Paul	131539
	10:30-11 a.m.	Krista	131540
	11-11:30 a.m.	Chloe	131541
Pre 2	10:30-11 a.m.	Chloe	132427
Pre 3	NEW! 11-11:30 a.m.	Krista	133340
Pre 4	10-10:30 a.m.	Chloe	134197
Youth 2	11-11:30 a.m.	Paul	136206
Youth 3	10:30-11 a.m.	Paul	137318
Youth 4	11:30 a.m.-12 p.m.	Paul	138244
<i>Afternoon</i>			
Pre 1	1-1:30 p.m.	Chloe	131542
Pre 2	1:30-2 p.m.	Chloe	132428
Pre 3	2-2:30 p.m.	Chloe	133324
<i>Evening</i>			
Pre 1	4-4:30 p.m.	Jenn	131543
	NEW! 5-5:30 p.m.	Olivia	131544
	5:30-6 p.m.	Bryan	131545
	NEW! 6:30-7 p.m.	Trevor	131546
	NEW! 7-7:30 p.m.	Trevor	131547
Pre 2	4-4:30 p.m.	Bryan	132429
	4:30-5 p.m.	Jenn	132430
	5-5:30 p.m.	Bryan	132431
	5:30-6 p.m.	Jenn	132432
	NEW! 6-6:30 p.m.	Trevor	132433
Pre 3	5-5:30 p.m.	Katie B.	133325
Pre 4	NEW! 4:30-5 p.m.	Olivia	134199
Pre 4	6-6:30 p.m.	Bryan	134200
Youth 2	4-4:30 p.m.	Olivia	136207
Youth 3	4:30-5 p.m.	Bryan	137319
	4:30-5 p.m.	Katie B.	137320
	5-5:30 p.m.	Jenn	137321
	NEW! 5:30-6 p.m.	Olivia	137322
	6-6:30 p.m.	Jenn/Olivia	138245
Youth 4	5:30-6 p.m.	Katie B.	139195
THURSDAY 7/29/10-8/26/10, 5 days			
<i>Morning</i> \$51 (M), \$62 (NMCM)			
Pre 1	10-10:30 a.m.	Chloe	131548
	10:30-11 a.m.	Krista	131549
	11:30 a.m.-12 p.m.	Krista	131550
Pre 2	10-10:30 a.m.	Krista	132434
	10:30-11 a.m.	Chloe	132435
	11-11:30 a.m.	Krista	132436
Pre 3	11:30 a.m.-12 p.m.	Chloe	133327
Pre 4	11-11:30 a.m.	Chloe	134201
<i>Afternoon</i>			
Pre 2	12-12:30 p.m.	Krista	132437
Pre 4	12:30-1 p.m.	Krista	134202
Pre 5	1-1:30 p.m.	Krista	680102
<i>Evening</i>			
Pre 1	4-4:30 p.m.	Alice	131551
	4-4:30 p.m.	Jenn	131552
	5-5:30 p.m.	Chloe	131553
	6-6:30 p.m.	Jenn	131554
	NEW! 6-6:30 p.m.	Krista	131555
Pre 2	4:30-5 p.m.	Chloe	132438
	5:30-6 p.m.	Jenn	132439
	4:30-5 p.m.	Jenn	133328
Pre 3	4:30-5 p.m.	Krista	133329
	5:30-6 p.m.	Olivia	133330
	5-5:30 p.m.	Jenn	134203
Pre 4	6-6:30 p.m.	Olivia	134204
	4-4:30 p.m.	Chloe	136208
	4:30-5 p.m.	Olivia	136209
Youth 2	5-5:30 p.m.	Alice	136210
	4-4:30 p.m.	Olivia	137323
	4:30-5 p.m.	Alice	137324
	5-5:30 p.m.	Krista	137325
	5-5:30 p.m.	Olivia	137326
Youth 4	6-6:30 p.m.	Alice	138246
Youth 5	5:30-6 p.m.	Krista	139196
Pre Comp*	5:30-6 p.m.	Alice	140162

FRIDAY		7/30/10-8/27/10, 5 days	
<i>Morning</i>		\$51 (M), \$62 (NMCM)	
Pre 1	10-10:30 a.m.	Clayton	131498
	10:30-11 a.m.	Vivien	131499
	11-11:30 a.m.	Clayton	131500
Pre 2	10:30-11 a.m.	Clayton	132399
Pre 3	11-11:30 a.m.	Vivien	132400
Pre 4	11:30 a.m.-12 p.m.	Vivien	133312
Pre 4	10-10:30 a.m.	Vivien	134193
<i>Afternoon</i>			
Pre 1	3-3:30 p.m.	Olivia	131501
	Cancelled 3:30-4 p.m.	Olivia	131502
Pre 3	2:30-3 p.m.	Olivia	133313
<i>Evening</i>			
Pre 1	4-4:30 p.m.	Shannon	131503
	4:30-5 p.m.	Shannon	131504
	4:30-5 p.m.	Olivia	132401
Pre 2	5-5:30 p.m.	Shannon	132402
	6-6:30 p.m.	Olivia	133314
Youth 2	4-4:30 p.m.	Olivia	136199
	5:30-6 p.m.	Olivia	136200
Youth 3	5-5:30 p.m.	Olivia	137303
	5:30-6 p.m.	Shannon	137304
	6-6:30 p.m.	Shannon	137305
Youth 4	6:30-7 p.m.	Jason/Olivia	138232

Youth Group Swim Lesson ENTRY REQUIREMENTS

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

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

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):

By tryouts only. Please contact Aquatics for class placement.

- 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

No refunds after session has started. Please note, we are not able to offer makeup classes for missed group lessons. Instructors subject to change without notice. Minimum of 2 enrollees required.

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(M)=Member, (NMCM)=Child of Member

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Ages 3-12 years (Pre series is for ages 3-5; Youth series is for ages 6-12.)

Open to Members and Children of Members only

AQUATICS

Session 5: 7/31/10-8/29/10

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Youth Group Swim WEEKENDS

LEVEL	TIME	INSTRUCTOR	CODE
SATURDAY			
7/31/10-8/28/10, 5 days			
<i>Morning</i>			
\$51 (M), \$62 (NMCM)			
Pre 1	9-9:30 a.m.	Clayton	131516
	9-9:30 a.m.	Jessie	131517
	9:30-10 a.m.	Janet	131518
	9:30-10 a.m.	Jessie	131519
	10-10:30 a.m.	Celia	131520
	10-10:30 a.m.	Jordan	131521
	10:30-11 a.m.	Bryan	131522
	10:30-11 a.m.	Sean N.	131524
	10:30-11 a.m.	Jessie	131523
Pre 2	11-11:30 a.m.	Celia	131525
	11:30 a.m.-12 p.m.	Celia	131526
	8:30-9 a.m.	Bryan	132414
	9:30-10 a.m.	Bryan	132415
	10-10:30 a.m.	Sean N.	132417
	10-10:30 a.m.	Bryan	132416
	10:30-11 a.m.	Alice	132418
Pre 3	10:30-11 a.m.	Jordan	132419
	11-11:30 a.m.	Clayton	132420
	11-11:30 a.m.	Bryan	133319
Pre 4	11:30 a.m.-12 p.m.	Jessie	133320
	10-10:30 a.m.	Jessie	134195
Youth 1	11-11:30 a.m.	Sean N.	134196
	10:30-11 a.m.	Clayton	135145
Youth 2	9-9:30 a.m.	Sean N.	136203
	9:30-10 a.m.	Sean N.	136204
	10:30-11 a.m.	Celia	136205
Youth 3	9-9:30 a.m.	Janet	137309
	9:30-10 a.m.	Clayton	137310
	10-10:30 a.m.	Alice	137311
	11-11:30 a.m.	Jordan	137312
Youth 4	9-9:30 a.m.	Bryan	138235
	9:30-10 a.m.	Celia	138236
	11-11:30 a.m.	Jessie	138237
	11:30 a.m.-12 p.m.	Clayton	138238
Youth 5	10-10:30 a.m.	Clayton	139190
	11:30 a.m.-12 p.m.	Jordan	139191
<i>Afternoon</i>			
Pre 1	2-2:30 p.m.	Jessie	131527
	2:30-3 p.m.	Jessie	131528
	3-3:30 p.m.	Jessie	131529
Youth 3	12-12:30 p.m.	Jessie	137313
	3:30-4 p.m.	Jessie	137314
Pre Comp*	12-12:30 p.m.	Jordan	140160



7 AM, REGISTRATION TIMELINE:

JULY 19	PRE-ENROLLMENT: Children may sign up for the same class and time that they are currently enrolled.
JULY 21	CHANGEOVER: Children currently enrolled may switch classes and times.
JULY 22	OPEN ENROLLMENT: All PRO Sports Club members may sign-up.
JULY 26	FIRST WEEK OF CLASSES.

🔑 (M)=Member, (NMCM)=Child of Member

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PRO
Sports Club

Page 1 of 2: Updated: 7/26/2010

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LEVEL	TIME	INSTRUCTOR	CODE
SUNDAY			
<i>8/1/10-8/29/10, 5 days</i>			
<i>Morning \$51 (M), \$62 (NMCM)</i>			
Pre 1	9-9:30 a.m.	Jessie	131530
	9-9:30 a.m.	Paul	131531
	NEW! 9:30-10 a.m.	Kristi	131532
	10-10:30 a.m.	Jenn	131533
	10-10:30 a.m.	Jessie	131534
	10:30-11 a.m.	Jenn	131535
Pre 2	11-11:30 a.m.	Paul	131536
	9-9:30 a.m.	Jenn	132421
	9:30-10 a.m.	Jenn	132422
	9:30-10 a.m.	Paul	132423
	10-10:30 a.m.	Paul	132424
Pre 3	11:30 a.m.-12 p.m.	Jenn	132425
	9-9:30 a.m.	Shalia	133321
	NEW! 10-10:30 a.m.	Kristi	133339
Youth 1	11-11:30 a.m.	Jenn	133322
	9:30-10 a.m.	Jessie	135146
Youth 3	10:30-11 a.m.	TBA-SH	137315
	11-11:30 a.m.	TBA-SH	137316
Youth 4	9-9:30 a.m.	Kristi	138239
	10:30-11 a.m.	Kristi	138240
	Cancelled 11:30 a.m.-12 p.m.	Kristi	138241
Youth 5	10:30-11 a.m.	Paul	139192
	11-11:30 a.m.	Kristi	139193
	NEW! 11:30 a.m.-12 p.m.	Kristi	139201
<i>Afternoon</i>			
Pre 1	2-2:30 p.m.	Paul	131537
	2:30-3 p.m.	Paul	131538
Pre 2	1:30-2 p.m.	Paul	132426
Pre 3	3:30-4 p.m.	Paul	133323
Youth 1	3-3:30 p.m.	Paul	135147
Youth 3	2:30-3 p.m.	Shirin	137317
Youth 4	1:30-2 p.m.	Shirin	138242
	2-2:30 p.m.	Shirin	138243
Youth 5	3:30-4 p.m.	Shirin	139194
Pre Comp*	3-3:30 p.m.	Shirin	140161

 (M)=Member, (NMCM)=Child of Member

Youth Group Swim Lesson ENTRY REQUIREMENTS

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

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

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):

By tryouts only. Please contact Aquatics for class placement.

- 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

No refunds after session has started. Please note, we are not able to offer makeup classes for missed group lessons. Instructors subject to change without notice. Minimum of 2 enrollees required.

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