



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!

NEW! TRIATHLON GROUP SWIM INTRO

Work on the essential swim techniques, skills, safety & knowledge needed to participate as a beginner in the swim portion of a triathlon. If registering for both the Tuesday & Thursday classes at the same time, a 10% discount will be applied at checkout.



MAR-APR 2019 AGES 18 & OLDER

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

Fitness Classes

Looking for an aquatic workout? Try one of our water-based exercise classes.

Group Swim Lessons

In these classes, you will learn and develop all strokes including freestyle, backstroke, and breast stroke. All levels welcome.

Lifeguard Certification Course

Through the American Red Cross you will learn water rescue, First Aid, CPR and other skills needed to work as a professional lifeguard.

Total Immersion

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

Triathlon Swim Training

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.

AQUATIC CENTER

(425) 861-6274

aquaticsinfo@proclub.com
proclub.com

PRO CLUB



REGISTRATION TIMELINE

Non-members only allowed to register for lessons that are held Mon.-Fri. before 3:30 p.m.

Pre-Enrollment: Feb. 20-26

Sign-up for the same class and time in which currently enrolled.

Change Over: Feb. 27

Students currently enrolled may switch classes and times.

Open Enrollment (7 a.m.):

Feb. 28 (Members), Mar. 1 (Non-Members)
All new or returning students may sign-up. Online registration begins at 5 a.m. for members only.

Online Registration (5 a.m.):

Feb. 28 (Members Only). Logon to proclub.com with your username, select My PRO Club, and then select Program Registration.

ENTRY REQUIREMENTS

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

Adult Group Swim (Intro): Fearful of water? Fear no more. Learn the basics of how to balance, float, and become comfortable in the water. There's no pressure to learn how to swim.

Adult 1 / Women 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.

Adult 2 / Women 2, Experienced Beginner: For those who are comfortable in water up to 9 feet deep. Class will focus on improving efficiency and endurance in freestyle and backstroke.

Adult 3 / Women 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.

Triathlon Group Swim (Intro): 0 to 0.5 mile (750 meters). Work on the essential swim techniques, skills, safety and knowledge needed to participate as a beginner in the swim portion of a triathlon. Prerequisite: Adult Group Swim level 1 or being comfortable moving across the teaching pool. Class location will vary among pools.

Women Only: Males may be in or around the pool during class, but the teacher and participants will be all female.



		CO-ED			
CO-ED	ADULT INTRO (no class 4/15)	Mon, 8:30-9:30 a.m.	Kelsey B.	\$217 Member, \$304 Non-Member	816225
	30 MINUTES				
	Adult 1	Mon, 9:30-10 a.m.	Kelsey B.	\$124 Member, \$174 Non-Member	124569
		Thu, 7:30-8 p.m.	Tony D.	\$124 Member	124570
		Sat, 8-8:30 a.m.	Hannah S.	\$124 Member	124571
	Adult 2	Tues, 7:30-8 p.m.	Bre B.	\$124 Member	125369
		Fri, 12-12:30 p.m.	Eric P.	\$124 Member, \$174 Non-Member	125370
	Adult 3	Tues, 8-8:30 p.m.	Bre B.	\$124 Member	126194
		Fri, 7:30-8 a.m.	Eric P.	\$124 Member, \$174 Non-Member	126195
	NEW! Triathlon Swim Intro	Tues, 12-12:30 p.m.	Kelsey R.	\$124 Member, \$174 Non-Member	2153100
		Thu, 12-12:30 p.m.	Danielle B.	\$124 Member, \$174 Non-Member	2153101
	45 MINUTES				
	Adult 1	Tues, 9:15-10 a.m.	Kelsey B.	\$186 Member, \$260 Non-Member	774272
		Wed, 7:45-8:30 a.m.	Meryl R.	\$186 Member, \$260 Non-Member	774273
		Fri, 8-8:45 a.m.	Gigi B.	\$186 Member, \$260 Non-Member	774274
		Sun, 8:45-9:30 a.m.	Margie M.	\$163 Member	774275
	Adult 2	Mon, 8-8:45 a.m.	April G.	\$186 Member, \$260 Non-Member	775236
		Tues, 8:30-9:15 a.m.	Kelsey B.	\$186 Member, \$260 Non-Member	775237
	Wed, 8:30-9:15 a.m.	Meryl R.	\$186 Member, \$260 Non-Member	775238	
60 MINUTES					
Adult 1	Wed, 7:30-8:30 p.m.	TBA-CV	\$248 Member	1904124	
WOMEN	WOMEN				
	30 MINUTES				
	Women 1	Thu, 11:30 a.m.-12 p.m.	Danielle B.	\$124 Member, \$174 Non-Member	1962118
	45 MINUTES				
	Women 1	Fri, 8:45-9:30 a.m.	April G.	\$186 Member, \$260 Non-Member	1967129
	Sun, 8-8:45 a.m.	Margie M.	\$186 Member	1967130	
DATES	DATES				
	Monday:	March 4-April 22, 8-days			7-8 week session. One lesson per week.
	Tuesday:	March 5-April 23, 8-days			
	Wednesday:	March 6-April 24, 8-days			
	Thursday:	March 7-April 25, 8-days			
	Friday:	March 8-April 26, 8-days			
	Saturday:	March 9-April 27, 8-days			
	Sunday:	March 10-April 28, no class April 21, 7-days			

REGISTRATION: (425) 885-5566 | **MORE INFO:** (425) 861-6274, aquaticsinfo@proclub.com

Prices do not include sales tax. No refunds after session has started. Please note we are not able to offer make-up classes for missed lessons. Instructors subject to change without notice. Minimum of 2 enrollees required. If minimum is not met, class will be cancelled. If you would like to receive e-mail enrollment reminders, please contact the Aquatic Center.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00		6:00-7:00 Triathlon Swim Training Victoria P. Deep Water Pool Enrollment Class		6:00-7:00 Triathlon Swim Training Victoria P. Deep Water Pool Enrollment Class		
8:15		8:15-9:10 Hydro Fitness Kimberly B. Recreational Pool Free Drop-In		8:15-9:10 Hydro Fitness Kimberly B. Recreational Pool Free Drop-In		
9:00						9:00-9:55 H2O Cardio Brittany R. Deep Water Pool Free Drop-In
9:30	9:30-10:25 Aqua Conditioning Meryl R. Deep Water Pool Package Class	9:30-10:30 Triathlon Swim Training Kimberly B. Deep Water Pool Enrollment Class	9:30-10:25 Aqua Conditioning Meryl R. Deep Water Pool Package Class	9:30-10:30 Triathlon Swim Training Kimberly B. Deep Water Pool Enrollment Class	9:30-10:25 Aqua Conditioning Nathan S. Deep Water Pool Package Class	

MONTHLY ENROLLMENT

Triathlon Swim Training

Improve your performance with guidance on technique, drills, strength, speed, and endurance. 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. Monthly enrollment. Intermediate.

March 5-28 | \$48 (M), \$40 (PROT), \$72 (NM)
 April 2-30 | \$54 (M), \$45 (PROT), \$81 (NM)
 May 2-30 | \$54 (M), \$45 (PROT), \$81 (NM)
 June 4-27 | \$48 (M), \$40 (PROT), \$72 (NM)
 July 2-30 (no class 7/4) | \$48 (M), \$40 (PROT), \$72 (NM)
 Aug. 1-22 (no class 8/27, 8/29) | \$42 (M), \$35 (PROT), \$63 (NM)
 Sept. 3-26 | \$48 (M), \$40 (PROT), \$72 (NM)
 Oct. 1-31 | \$60 (M), \$50 (PROT), \$93 (NM)
 Nov. 5-26 (no class 11/28) | \$42 (M), \$35 (PROT), \$63 (NM)
 Dec. 3-26 (no class 12/24, 12/31) | \$42 (M), \$35 (PROT), \$63 (NM)

FITNESS CLASSES

Non-Swimmers Welcome

Aqua Conditioning (Punch Card Class, 1 Class=\$6)

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 (Free)

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

Hydro Fitness (Free)

This energizing workout has 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.

REGISTRATION: (425) 885-5566 | MORE INFO: (425) 861-6274, aquaticsinfo@proclub.com | proclub.com

Ages 18 and older and members only unless otherwise stated. Prices do not include sales tax. Instructors subject to change without notice. Enrollment Classes: Minimum number of participants required (varies by class). No refunds after session has started. M=Member, PROT=PRO Triathlete, NM=Non-Member



LIFEGUARD CERTIFICATION COURSE 15+

Through the American Red Cross you will learn water rescue, First Aid, CPR and other skills needed to work as a professional lifeguard. Upon successful completion, participants will receive a 2-year certification. Registration deadline is one-week prior to the course start date.

Saturday-Monday | 10 a.m.-4 p.m. | \$190 Member | Deep Water Pool
April 6-8 | Registration Deadline: March 30

PRIVATE SWIM LESSONS

Offered for both children and adults. 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. To schedule a lesson, please contact (425) 861-6274, aquaticsinfo@proclub.com.

30-MINUTES | 1 student: \$40-\$60 | 2 students: \$26-\$34 per student
45-MINUTES | 1 student: \$60-\$90 | 2 students: \$39-\$51 per student
60-MINUTES | 1 student: \$80-\$120 | 2 students: \$52-\$68 per student

Prices do not include sales tax. Cancellations received less than 24 hours in advance are charged the full rate. Rates based on instructor's experience. Also available for 3-4 students. Please contact the Aquatic Center Concierge for instructor availability, rates, and for availability in the Multi-Purpose Pool.

TOTAL IMMERSION WORKSHOPS 18+

PRO Sports Club is the host facility for Total Immersion Workshops. Learn the drills that lead to "fish-like swimming." Focused on the Total Immersion Kaizen way of teaching freestyle. For more information, please contact Marc Lauinger at mlauinger@proclub.com. Member Private Lesson: \$120 per hour. Non-Member Private Lesson: \$150 per hour.

Effortless Endurance Swim Workshop

We'll introduce balance, core alignment, core rotation and breathing. Each skill builds on the previous one allowing you to notice improvements in each step. By the end of the day, you'll experience a notable difference in your stroke.

Saturday | 9 a.m.-4:30 p.m. | \$197.50 Member, \$247.50 Non-Member
Multi-Purpose Pool & Decathlon Room
April 27

Smart Speed Swim Workshop

We'll assess your stroke to find opportunities for efficiency and speed. This includes a focus on propulsion and the use of a Tempo Trainer to develop an understanding of metrics and stroke length. Leave the workshop knowing how to improve your speed and endurance.

Sunday | 7 a.m.-1:30 p.m. | \$197.50 Member, \$247.50 Non-Member
Multi-Purpose Pool & Decathlon Room
April 28