

### Level 3

Students will continue to build on previous arm and leg movement to begin swimming front and back crawl and learn the general movements associated with butterfly. Side breathing and treading water will be addressed.

**Day(s):** Monday/Wednesday

**Date(s):** Session 1 – September 14, 16, 21, 23, 28, 30, October 5, 7  
Session 3 – November 16, 18, 23, 25, 30, December 2, 7, 9

**Time:** 7:30 p.m.- 8:00 p.m.

**Place:** Indoor Aquatics Pool- Lane 1

**Age Requirement:** 6-13 Years Old

**Fee:** \$68.00 Member per session  
\$82.00 Resident Non-Member per session  
\$112.00 Surrounding Community Non-Member per session



**Day(s):** Saturday

**Date(s):** Session 2 – October 24, 31, November 7, 14, 21, 28, December 5, 12

**Time:** 11:30 a.m.- 12:00 noon

### Level 4

Stroke improvement and endurance will be the focus of this level. Children will swim longer distances of front and back crawl, and continue to work on butterfly. In addition, breaststroke, elementary backstroke, and sidestroke will be introduced.

**Day(s):** Tuesday/Thursday

**Date(s):** Session 1 – September 15, 17, 22, 24, 29, October 1, 6, 8  
Session 3 – November 17, 19, 24, December 1, 3, 8, 10, 15

**Time:** 6:30 p.m.-7:10 p.m.

**Place:** Indoor Aquatics Pool- Lane 1

**Age Requirement:** 6-13 Years Old

**Fee:** \$68.00 Member per session  
\$82.00 Resident Non-Member per session  
\$112.00 Surrounding Community Non-Member per session



**Day(s):** Saturday

**Date(s):** Session 2 – October 24, 31, November 7, 14, 21, 28, December 5, 12

**Time:** 9:45 a.m. - 10:25 a.m.



### Level 5

Stroke refinement and endurance will be stressed for the front and back crawl, butterfly, and breaststroke. Also, flip turns and open turns will be taught.

**Day(s):** Tuesday/Thursday

**Date(s):** Session 1 – September 15, 17, 22, 24, 29, October 1, 6, 8  
Session 3 – November 17, 19, 24, December 1, 3, 8, 10, 15

**Time:** 7:15 p.m.- 7:55 p.m.

**Place:** Indoor Aquatics Pool- Lane 1

**Age Requirement:** 6-13 Years Old

**Fee:** \$68.00 Member per session  
\$82.00 Resident Non-Member per session  
\$112.00 Surrounding Community Non-Member per session



**Day(s):** Saturday

**Date(s):** Session 2 – October 24, 31, November 7, 14, 21, 28, December 5, 12

**Time:** 9:00 a.m.- 9:40 a.m.



### Private Swim Lessons

Private swim lessons are available for all ages (children and adults) through the Aquatics Department at the CRC. Each lesson is one half hour in length, and will be scheduled based on both the participant and instructors availability. To register for private lessons, please stop by the registration window at the CRC, and complete a Private Swim Lesson Registration Form. Once complete, you will be contacted to confirm the date(s), time(s), and instructor for your lesson(s). Listed below are our available packages:

3 lessons	\$105 (\$35 per lesson)
6 lessons	\$195 (\$32.50 per lesson)
10 lessons	\$280 (\$28 per lesson)