

Fall 2011

GROUP SWIM SCHEDULE

Registration Dates:

Fall 1:
Members 8/15; Non-Member 8/29

Session Dates:

9/12-10/22/2011

Fee:

Group Swim:
Member \$69 & Non-Member \$87
Stroke Clinic:
Member \$95 & Non-Member \$115
Conditioning Course:
Member \$110 & Non-Member \$ 125
Adult Group Swim:
Member \$75 & Non-Member \$95

Fall 2:

Members 9/26; Non-Member 10/3

10/24-12/10/2011

Group Swim:
Member \$69 & Non-Member \$87
Stroke Clinic:
Member \$95 & Non-Member \$115
Conditioning Course:
Member \$110 & Non-Member \$ 125
Adult Group Swim:
Member \$75 & Non-Member \$95

CLASS OFFERINGS

- **WATER BABIES/TOTS 6-36 MONTHS**

MIN AND MAX 3/10 STUDENTS

6P THURSDAY
11:30A SATURDAY

- **SHRIMP (3 YEARS-OLD)-MUST BE POTTY TRAINED**

MIN AND MAX 3/4 STUDENTS

5P MONDAY
6:30P MONDAY
6:30P THURSDAY
9A FRIDAY
10A SATURDAY
2P SATURDAY

- **PRESCHOOL LEVEL 1 (4-5 YEARS-OLD)**

MIN AND MAX 3/5 STUDENTS

5P MONDAY
6P MONDAY
5P THURSDAY
10A FRIDAY
10:30A SATURDAY
1:30P SATURDAY

- **PRESCHOOL LEVEL 2 (4-5 YEARS-OLD)**

MIN AND MAX 3/5 STUDENTS

5:30P MONDAY
5P THURSDAY
6P THURSDAY
10:30A FRIDAY
11:30A SATURDAY
2:30P SATURDAY

- **PRESCHOOL LEVEL 3 (4-5 YEARS-OLD)**

MIN AND MAX 3/5 STUDENTS

5P MONDAY
5:30P THURSDAY
11:30A SATURDAY

- **GUPPY LEVEL 1 (6 YEARS AND UP)**

MIN AND MAX 3/5 STUDENTS

5:30P MONDAY
5:30P THURSDAY
10A SATURDAY
12N SATURDAY

- **TURTLE LEVEL 2 (6 YEARS AND UP)**

MIN AND MAX 3/5 STUDENTS

6P MONDAY
6:30P THURSDAY
5P THURSDAY
11A SATURDAY
3P SATURDAY

- **PORPOISE LEVEL 3 (6 YEARS AND UP)**

MIN AND MAX 3/5 STUDENTS

6:30P MONDAY
7P THURSDAY
10:30A SATURDAY

**ADDITIONAL CLASS OFFERINGS ON
BACK SIDE**

Fall 2011

GROUP SWIM SCHEDULE

- **WHALE LEVEL 4 (6 YEARS AND UP)**

MIN AND MAX 3/5 STUDENTS

7P THURSDAY
12:30P SATURDAY

- **SHARK LEVEL 5 (6 YEARS AND UP)**

MIN AND MAX 3/5 STUDENTS

7:30P THURSDAY

- **ADULT (16 YEARS AND UP)**

MIN AND MAX 3/5 STUDENTS

7-8p WEDNESDAY

- **STROKE CLINIC (Formerly Pre-Swim Team) –**

This class is designed for non-competitive swimmers age 6 and older that would like to work on the fundamentals of swimming. Swimmers must have prior experience in all four competitive strokes (freestyle, backstroke, breaststroke and butterfly). We will focus on all four of these strokes, diving and turns associated with each stroke. Must have completed Red Cross Whale Level 4.

MIN AND MAX 3/10

5-6P WEDNESDAY (6-8 YRS.)
6-7P WEDNESDAY (9-13 YRS.)
3:30-4:30P SATURDAY
(BOTH AGE GROUPS)

- **CONDITIONING FOR THE COMPETITIVE SWIMMER**

This program is designed for the more serious competitive swimmer who would like to get a jump start on training for the upcoming swim season with a focus on endurance training. This class is for children 6 and older. Must have swim team experience to sign up for this class.

MIN AND MAX 3/20

5-6P TUESDAY (5-7 YRS.)
5-6P TUESDAY (8-13 YRS.)

FALL SESSION REMINDERS:

- ✚ We do not have group classes on Halloween, Monday, October 31st.
- ✚ Make-up lessons will be held Monday, December 12th same time as your regularly scheduled class.
- ✚ There are no classes the week of Thanksgiving, Monday, November 21st-26th
- ✚ If you have any questions about level placement please contact Rachel Lewand, Aquatic Supervisor at rleward@premieratsawmill.com.

NO REFUNDS OR MAKE-UP LESSONS