

# **CANYON LAKE - YR 2010**

## **SWIM LESSONS, WATER POLO & Jr. LIFEGUARD**

### **CLASSES OFFERED:**

- Mommy & Me - Play Group Infant – (18 months)
- Tots Swim – Face in water, introduction to floating
- Level 1 – Kicking, safety rules
- Level 2 – Hold breath 3seconds, intro to retrieve objects, turn front to back
- Level 3 – Intro to dive, retrieve objects no support
- Level 4 – Elementary back stroke, standing dive, tread water
- Level 5 – Breast stroke, butterfly kick, alternate breathing
- Level 6 – Front Crawl 100 yards, butterfly 10 yards
- Level 7 – Front crawl 200 yards, back crawl 100 yards, safety & rescue skills

### **PRICES:**

**\$70.00 First Week per Child**

**\$40.00** \*Special Discount – When you Sign up for a 2<sup>ND</sup> Child or 2<sup>nd</sup> Class

**\$35.00 Mommy & Me Class**

### **CLASS TIMES:**

(½ Hr Class)

10:15-10:45 a.m. Monday-Friday

11:00-11:30 a.m. Monday-Friday

### **LESSON DATES:**



**June 14-18**

**June 21-25**

**June 28-July 2**

**July 5-9 \*\*no classes\*\***

**July 12-16**

**July 19-23**

**July 26-30**

**REGISTRATION @ FIESTA DAY – SATURDAY, MAY 29, 2010**

**Note: There will be on-going registration at the pool office during classes. Classes have limited spaces and fill-up fast. Please sign-up early!**

**IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT  
THE POOL OFFICE AT 244-6841 EXT. 617**