

## Year 2009 - Swim Lessons

\$70 First Week per Child

\$40 2<sup>nd</sup> Child or 2<sup>nd</sup> Session

\$35 Mommy & I Class

### Schedule:

June 15-19

June 22-26

July 6-10

July 13-17

July 20-24

July 27-31

Canyon Lake offers Swim Lessons during summer months for 6 weeks starting in June. Each lesson is a ½ hr class for 5 consecutive days (M-F) with a choice of 10:15am-10:45am or 11:00am-11:30am. Each class is taught with 2 trained instructors. We have levels 1 through 7, Toddler plus Introduction to water (Mommy & Me Play Group).

### Sample Instructions:

Mommy & Me - (Play Group Infant – 18 months)

Tots Swimming – 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

For any further detailed information call the pool office (951) 244-6841 ex: 617