



Swim Lessons



Summer 2009

Why did the whale cross the road?***

Monday June 15 - August 17		
12:00-12:30 pm	Level 1 W	Gina
12:30-1:00 pm	Level 3 W	Gina
1:00-1:30 pm	Level 2 W	Gina
1:05-1:35 pm	Level 4a W	Peg
1:35-2:05 pm	Level 2 W	Peg
Monday & Wednesday July 13 - August 12		
11:00-11:30 am	Level 4a+b S	Peg
11:30-12:00 pm	Level 3 S	Peg
12:05-12:35 pm	Level 2 W	Peg
12:35-1:05 pm	Level 1 W	Peg
Tuesdays June 16 - August 18		
11:00-11:30 am	Parent/Child O/W	Kathy
4:00-4:30 pm	Level 4a S	Jennifer
4:40-5:20 pm	Level 5/6 L	Jennifer
5:00-5:30 pm	Level 1 W	Tara
5:20-6:00 pm	Level 4b L	Jennifer
5:30-6:00 pm	Parent/Child W	Tara
6:00-6:30 pm	Level 2 W	Tara
6:30-7:00 pm	Level 3 W	Tara

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Tuesday & Thursday Session 1: June 16 - July 16 Session 2: July 21 - August 20		
10:00-10:30 am	Level 4a+b O/W	Kathy
10:30-11:00 am	Level 1 O/W	Ashley
11:00-11:30 am	Level 2 O/W	Ashley
11:30-12:00 pm	Level 3 O/W	Ashley
Wednesday June 17 - August 19		
6:35-7:15 pm	Level 5 S	Marie
Thursday June 18 - August 20		
10:30-11:00 am	Parent/Child W	Kathy
5:15-5:45 pm	Level 2 W	Jane
5:45-6:15 pm	Level 3 W	Jane
6:15-6:45 pm	Level 1 W	Jane
6:50-7:30 pm	Level 4b S	Jane
7:30-8:00 pm	Adult Beginner S	Jane
Saturday June 13 - August 22 No class July 4th		
10:15-10:45 am	Level 1 W	Marie
10:45-11:15 am	Level 2 W	Marie
11:15-11:45 am	Level 3 W	Marie
11:45-12:15 pm	Level 4a W	Marie

Pool Location	
S	Sport Pool
W	Warm Water Pool
L	Lap Pool
O	Outdoor Pool

Refunds and credits will not be given once the classes have started. To receive a full refund you must cancel one week prior to the session starting. Harbor does not offer make up lessons if a class is missed.



The Warm Pool is Saltwater!

Jump into the Swim of Things with Harbor's Swim Lesson Schedule!

HAC offers American Red Cross Swim Lessons all year round. Each of our teachers are certified as a Water Safety Instructor. The 90 degree warm pool is used for most lessons from September thru May. During the summer months, we utilize all of the pools at Harbor.

A list of class descriptions is on the next page of this document to help you place your child in the appropriate level. If a class is full please add your name to the waiting list. We will add classes whenever possible.

The Fall swim lesson sign up will be available August 9th.

Fall classes will start September 14th.

** To get to the other tide!

Group Lesson Fees	10x30 Min	10x40 Min
Members	\$85	\$105
Children of Members	\$105	\$135
Non Members	\$135	\$175

PARENT AND CHILD AQUATICS

This program builds swimming readiness by emphasizing fun in the water. Parents and children participate in guided class sessions that help children learn elementary skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and more. Adult accompaniment in the water is required. The maximum class size is 10. Suggested age 6 months to 3 years.

LEARN TO SWIM PROGRAM

LEVEL 1: INTRODUCTION TO WATER SKILLS** (suggested age 2³/₄ years & up)

Purpose: Help students feel comfortable in the water.

Skills: Submerging nose and mouth, opening eyes underwater and picking up submerged object, floating on front and back, swimming on front and back using arm and leg actions.

LEVEL 2: FUNDAMENTAL AQUATIC SKILLS**

Purpose: Give students success with fundamental skills.

Skills: Submerging entire head, front and back glide, bobbing in water, swimming front and back crawl, jellyfish float, treading water using arms and legs.

LEVEL 3: STROKE DEVELOPMENT

Purpose: Build on skills in Level 2 by providing additional guided practice.

Skills: Submerging and retrieving object, front and back glide, front and back crawl, rotary breathing, butterfly kick and body motion, survival float.

LEVEL 4A & 4B: STROKE IMPROVEMENT

Purpose: Develop confidence in the strokes learned and improve aquatic skills.

Skills: Safe diving rules, survival float, back float, elementary backstroke, breaststroke, butterfly, front and back crawl. Level 4A is appropriate for first timers in Level 4. Held in Warm water pool. Level 4B is designed for kids who are continuing in level 4. Held in the Sport or Lap pool.

LEVEL 5: STROKE REFINEMENT

Purpose: Provide further coordination and refinement of strokes.

Skills: Survival swimming, open turns on front and back, front and back crawl, elementary backstroke, butterfly, breaststroke, sidestroke, perform rescue breathing, front flip turn and backstroke flip turn.

LEVEL 6: SWIMMING AND SKILL PROFICIENCY

Purpose: Refine the strokes so students swim them with ease, efficiency, power and smoothness over greater distances.

This class is designed with "menu" options. We will be teaching the Fitness Swimmer option.

SPECIALTY PROGRAMS

PRIVATE LESSONS: One on one instruction for all ages and ability levels. To enroll in private lessons please fill out an availability sheet at the front desk. If you would like additional information, please contact Kathy at the front desk.

STROKE TECHNIQUE: This class is geared for competitive level swimmers to perfect stroke mechanics and turns. Appropriate for ages 6-11. **Prerequisite must have passed American Red Cross Level 4.** (Returns fall 2009)

ENDURANCE SWIM TRAINING: Designed to help competitive level swimmers build endurance before the summer swim season starts. Swimmer must be able to do the four competitive strokes legally. Appropriate for ages 8-13. (Returns spring 2010)

ADULT BEGINNER: This class is for adults who have always wanted to learn to swim...time to get your feet wet. This class will cover everything from floating, to breathing, to basic stroke development.

**Reduced class sizes. No more than 5 kids per class.

Private Swim Fees*	Members	Non Members	Additional Person*
1/2 hour	\$35	\$50	\$10
5 x 1/2 hours	\$120	\$150	\$25
10 x 1/2 hours (5x1 hr)	\$225	\$275	\$50
* Extra charge for each additional person			