

2010 Spring Swim Lessons

Class	Ratio	Description	March 23-April 2	April 6-16	April 20-30
Pollywog (4-5 yrs.) Beginner	6:1	<ul style="list-style-type: none"> Submerge head underwater Blow bubbles, hold breath Floating, kicking Supported front & back glide Supported arms and legs on front and back 	4:00-4:30pm (283)	4:00-4:30pm (284) 5:00-5:30pm (287)	4:00-4:30pm (285) 5:00-5:30pm (288)
Minnow (4-5yrs.) Intermediate	6:1	<ul style="list-style-type: none"> Unsupported front and back float & glide Flutter kick on front and back Turning front to back and back to front 	4:30-5:00pm (290)	4:30-5:00pm (291) 5:30-6:00pm (292)	4:30-5:00pm (293) 5:30-6:00pm (294)
Stingray (4-5 yrs.) Advanced	6:1	<ul style="list-style-type: none"> Exhale underwater Front and back crawl Front and back glide Elementary backstroke Introduce deep water safety 		4:30-5:00pm (296)	4:30-5:00pm (297)
Level 1 (6-13 yrs.)	8:1	<ul style="list-style-type: none"> Exhale underwater Alternating arm and leg action Combined stroke on front and back Front and back float Recover from front and back float to standing position Breaststroke kick 	3:30-4:00pm (299) 4:00-4:30pm (300)	3:30-4:00pm (301)	3:30-4:00pm (302)
Level 2 (6-13 yrs.)	8:1	<ul style="list-style-type: none"> Submerge head underwater for 3 seconds Rhythmic breathing Flutter kick on front and back Finning on back Front and back crawl Breaststroke 	3:30-4:00pm (304) 4:00-4:30pm (305)	4:00-4:30pm (306)	4:00-4:30pm (307)
Level 3 (6-13 yrs.)	8:1	<ul style="list-style-type: none"> Jump into deep water Front and back glide kick Front and back crawl Tread water Breaststroke 		5:00-5:30pm (309)	5:00-5:30pm (310)

Residents: \$84.00

Non-Residents: \$104.00

3 Digit (#) = Course #



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