

Swim Classes:

Very Beginner: Little or no experience in water. *Goal:* Water adjustments

Beginner 1: Comfortable with blowing bubbles and kicking on pool wall. *Goals:* Bobs, push offs, kicking on front and back. Crawl stroke introduced.

Beginner 2: Not yet comfortable swimming on own. *Goals:* Crawl stroke, back stroke and swimming width of pool.

Beginner 3: Able to swim width of pool, yet not comfortable swimming on own. *Goals:* Building endurance, preparing swimmer for next level.

Advanced Beginner: *Prerequisite:* Completion of Beginner 3 class. Uses big arm strokes. *Goals:* Side breathing and back stroke. Breast stroke and diving introduced.

Intermediate: *Prerequisite:* Completion of Advanced Beginner class. More work on crawl stroke and back stroke. *Goals:* Breast stroke, butterfly, diving.

June 16- June 22 (5 ½- hour lessons)

Registration: June 4th- June 11th

June 23- July 3 (9 ½- hour lessons)

Registration: June 11th- June 18th

July 7- July 18 (10 ½- hour lessons)

Registration: June 25th- July 2nd

July 21- August 1 (10 ½-hour lessons)

Registration: July 9th- July 16th

August 4- August 15 (10 ½- hour lessons)

Registration: July 23rd- July 30th

August 18th- August 29 (10 ½-hour lessons)

Registration: August 6th- August 13th

Price:

Blue Ridge Residents:

10- Lesson Session—\$40

Non- Residents:

10- Lesson Session—\$65

Note: Swim lesson times from June 16th- 22nd are from 10am to 12:30. All other times are 10:30am- 1pm.