

Welcome to the Blue Ridge Club 2018 Swim Lesson Program!

This summer we are once again offering 6 levels of instruction for swimmers.

Registration will be live on April 1 for Sessions 1, 2, & 3 for Blue

Ridge Community Plus Members

Common Members & Non-Residents may register starting May 1



Daily Lesson Times

10:30-11:00 am

11:00-11:30 am

11:30a - 12:00 pm

12-12:15p break

12:15-12:45 pm

12:45-1:15 pm

All lesson sessions offer all six levels. Each level is offered during each 30-minute period Monday-Friday.

Level	Description	Register at www.blueridgeseatle.com
Tadpole	Little or no experience in water. <i>Goal:</i> Comfort in water with instructors <i>only</i> . *No parents allowed in water during lessons time.	Session 1: June 13-15 (three day prorated session) Session 2: June 18-22 (one week session) Session 3: June 25-29 (one week session)
Minnow	Comfortable with blowing bubbles and kicking on pool wall. <i>Goals:</i> Bobs, push offs, kicking on front and back. Crawl stroke introduced.	Session 1: June 13-15 (three day prorated session) Session 2: June 18-22 (one week session) Session 3: June 25-29 (one week session)
Guppy	Not yet comfortable swimming on own. <i>Goals:</i> Crawl stroke, back stroke and swimming width of pool.	Session 1: June 13-15 (three day prorated session) Session 2: June 18-22 (one week session) Session 3: June 25-29 (one week session)
Trout	Able to swim width of pool, yet not comfortable swimming on own. <i>Goals:</i> Building endurance, preparing Swimmer for next level.	Session 1: June 13-15 (three day prorated session) Session 2: June 18-22 (one week session) Session 3: June 25-29 (one week session)
Salmon	<i>Prerequisite:</i> Completion of Trout class. Uses crawl stroke. <i>Goals:</i> Side breathing and back stroke. Breast stroke and diving introduced.	Session 1: June 13-15 (three day prorated session) Session 2: June 18-22 (one week session) Session 3: June 25-29 (one week session)
Shark	<i>Prerequisite:</i> Completion of Salmon class. More work on crawl stroke and back stroke. <i>Goals:</i> Breast stroke, butterfly, diving.	Session 1: June 13-15 (three day prorated session) Session 2: June 18-22 (one week session) Session 3: June 25-29 (one week session)

Future Sessions and Registration Dates:

- Session 4: July 2– 13 (registration opens June 11 for BR*, June 20 for NBR**)
- Session 5: July 16- 27 (registration opens June 25 for BR, July 4 for NBR)
- Session 6: July 30- August 10 (registration opens July 9 for BR, July 18 for NBR)
- Session 7: August 13-17-one week session (registration opens July 23 for BR, Aug. 1 for NBR)

**Blue Ridge Community Plus+ Members Only ** Non-Blue Ridge Residents + Blue Ridge Common Members*

Please note:

Price: \$75 Blue Ridge Community Plus Members Only, \$100 non-Blueridge residents and Blueridge Common members, (10-day sessions)

Rates: are adjusted accordingly for short sessions

Payment: credit card payment must be received at the time of scheduling to reserve a spot.

Cancellation Policy: A lesson may be canceled up to 7 days in advance for full credit with a \$10 administration fee. If you must withdraw a participant from a class within a week prior to the start date or midway through the session, session credit may be applied to the clients account with a \$10 administration fee.

Blue Ridge Swim Lessons are for student swimmers only, no parent-child classes will be taught.

Blue Ridge Pool

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