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.

<table>
<thead>
<tr>
<th>Level</th>
<th>Description</th>
<th>Register at <a href="http://www.blueridgeseattle.com">www.blueridgeseattle.com</a></th>
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<tbody>
<tr>
<td>Tadpole</td>
<td>Little or no experience in water. Goal: Comfort in water with instructors only. *No parents allowed in water during lessons time.</td>
<td>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)</td>
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<tr>
<td>Minnow</td>
<td>Comfortable with blowing bubbles and kicking on pool wall. Goals: Bobs, push offs, kicking on front and back. Crawl stroke introduced.</td>
<td>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)</td>
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<tr>
<td>Guppy</td>
<td>Not yet comfortable swimming on own. Goals: Crawl stroke, back stroke and swimming width of pool.</td>
<td>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)</td>
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<tr>
<td>Trout</td>
<td>Able to swim width of pool, yet not comfortable swimming on own. Goals: Building endurance, preparing Swimmer for next level.</td>
<td>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)</td>
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<tr>
<td>Salmon</td>
<td>Prerequisite: Completion of Trout class. Uses crawl stroke. Goals: Side breathing and back stroke. Breast stroke and diving introduced.</td>
<td>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)</td>
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<tr>
<td>Shark</td>
<td>Prerequisite: Completion of Salmon class. More work on crawl stroke and back stroke. Goals: Breast stroke, butterfly, diving.</td>
<td>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)</td>
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</tbody>
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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 Blue Ridge 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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