

Blue Ridge Swim Lessons Summer 2010

Very Beginner: Little or no experience in the water. Goal: Water adjustment.

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, backstroke, 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: Must be able to swim width of pool consistently. Focus on improvement of crawl and backstroke. Goals: Side breathing and backstroke. Breaststroke and diving introduced.

Intermediate: Prerequisite: Completion of Advanced Beginner class. Focus on improvement of all major strokes. Goals: Breaststroke, butterfly, and diving.

Stroke and Racing: Taught with a focus on improving stroke for racing—must have a firm grasp of all 4 major strokes.

June 14 – June 18: (5- ½ hour lessons)
Registration: June 2 – June 9

June 21 – July 2: (10- ½ hour lessons)
Registration: June 9– June 16

July 5 – July 16: (10- ½ hour lessons)
Registration: June 23 – June 30

July 19 – July 30: (10- ½ hour lessons)
Registration: July 7 – July 14

August 2 – August 13: (10- ½ hour lessons)
Registration: July 21 – July 28

August 16 – August 27: (10- ½ hour lessons)
Registration: August 4 – August 11

Price: (Prices shown are for 10- lesson session)
Blue Ridge Residents: \$50
Non-Residents: \$75

Note: Swim lesson times from June 14 – June 18 are from 10am to 12:30pm. All other session times are from 10:30am to 1pm. All sign-ups must be done in person at the clubhouse.

Contact: Blue Ridge Club, 10040 15th Ave. N, Seattle, WA 98177

Phone: 206.784.3868 (Ask for John, AJ, or Laura regarding lessons questions)

MEMBER REGISTRATION NOTE:

Blue Ridge Residents are permitted to sign up the Monday preceding the given registration date.
Member registration begins as follows:

Session 1: May 31
Session 2: June 7
Session 3: June 21
Session 4: July 5
Session 5: July 19
Session 6: August 2