

# 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 now be closed on weekends. There will be a \$10 late registration fee.

**There will be no class on Aug 2.**

Common Members & Non-Residents may register starting June 20



### Daily Lesson Times\*

10:30-11:00 am

11:00-11:30 am

11:30a - 12:00 pm

12-12:15pm 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 <a href="http://www.blueridgeseatle.com">www.blueridgeseatle.com</a>
<b>Tadpole</b>	Little or no experience in water. Must be able to sit up on their own and stay in the pool with instructors only. <i>Goal:</i> Water adjustment.	<a href="#">Session 6: July 30-Aug 10 (two week session)</a> <a href="#">Session 7: Aug 13-17 (one week session)</a>
<b>Minnow</b>	Comfortable with blowing bubbles and kicking on pool wall. <i>Goals:</i> Bobs, push offs, kicking on front and back. Crawl stroke introduced.	<a href="#">Session 6: July 30-Aug 10 (two week session)</a> <a href="#">Session 7: Aug 13-17 (one week session)</a>
<b>Guppy</b>	Not yet comfortable swimming on own. <i>Goals:</i> Crawl stroke, back stroke and swimming width of pool.	<a href="#">Session 6: July 30-Aug 10 (two week session)</a> <a href="#">Session 7: Aug 13-17 (one week session)</a>
<b>Trout</b>	Able to swim width of pool, yet not comfortable swimming on own. <i>Goals:</i> Building endurance, preparing Swimmer for next level.	<a href="#">Session 6: July 30-Aug 10 (two week session)</a> <a href="#">Session 7: Aug 13-17 (one week session)</a>
<b>Salmon</b>	<i>Prerequisite:</i> Completion of Trout class. Uses big arm strokes. <i>Goals:</i> Side breathing and back stroke. Breast stroke and diving introduced.	<a href="#">Session 6: July 30-Aug 10 (two week session)</a> <a href="#">Session 7: Aug 13-17 (one week session)</a>
<b>Shark</b>	<i>Prerequisite:</i> Completion of Salmon class. More work on crawl stroke and back stroke. <i>Goals:</i> Breast stroke, butterfly, diving.	<a href="#">Session 6: July 30-Aug 10 (two week session)</a> <a href="#">Session 7: Aug 13-17 (one week session)</a>

### Future Sessions and Registration Dates:

- 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*

Registration will be closed the weekend (Friday through Sunday) before the start of new sessions. A late registration fee of \$10 will be added to the price of a session for any registrations after 5pm on Friday before a session.

If you wish to sign up for one week of the two week sessions (room permitting), email Jessica at [blueridgelessons@gmail.com](mailto:blueridgelessons@gmail.com) the weekend before the start of the new session.

#### 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:** *Within one week, receive credit for a future lesson. Within 72 hours, receive ½ credit for a future lesson. Please see invoice for further details.*

**Blue Ridge Pool** 10040 15th Ave. N.W. Seattle, WA 98177 206.784.3868