

2017 Swim Lessons



SWIM LESSONS

GROUP SWIM LESSONS

Registration Information

- Register online or at Hagan Community Center any time after March 1st.
- Session registration closes at midnight online on the Thursday prior to a new session. A \$5 fee will be added to all registrations taken after registration closes.
- Low enrollment will cause classes to be cancelled or combined.

TIPS AND SPECIAL NOTES

Most children remain in the same level for two or more sessions. It is typically easier to move children up than to move them down.

- At the beginning of the season, it is a good idea to repeat the last level that was completed the summer before.
- CRPD swim lesson staff reserves the right to place children in the class most appropriate for them.
- We can only guarantee transfers when requests are received on or before the Thursday before the next session.
- NO REFUNDS FOR SWIM LESSONS. We will not transfer, refund or credit students for missed lessons. Transfers for any reason, other than a level change, will be charged a \$5 transfer fee.
- See page 21 for the schedule of group lessons.

GROUP LESSONS

Group lessons are \$50/session.

For more complete class descriptions or to register online please visit our website www.crpdp.com.

PARENT AND ME

STARFISH (AGES 9 MONTHS–2 YEARS)

Children work with their parent in the water to become comfortable in the pool by blowing bubbles, songs and games. These games are structured for children to practice skills on their front and back.

SHRIMPS (AGES 2–4)

Children work with their parent on basic swim skills that work towards independence from the parent and working with one of our instructors in a structured class. Many of the skills are the same as those taught in the Tadpole class, but the parent helps ease the fear of being in the water.

TADPOLES (AGES 3–5)

Through structured activities and games, children are guided to being comfortable going under water, floating and adding some swimming action.

GUPPIES (AGES 3–6)

This class is for young children who are comfortable going under the water and perform basic swimming skills with little assistance.

LOBSTERS (AGES 6–14)

Accommodating older children with little to no experience in the water who need to learn the basics.

SEA TURTLES (AGES 5–10)

Taught in 3-1/2 feet water depth, children are taught to refine their basic swimming skills and begin to learn safety and competitive strokes. Should be able to swim freestyle and backstroke independently.

SEA OTTERS (AGES 5–13)

Children continue to work on the freestyle, backstroke, elementary backstroke and treading water. They begin to put together their skills to swim breaststroke, butterfly and sidestroke. They are also introduced to self-help and rescue skills.

DOLPHINS (AGES 6–14)

Swimmers practice and refine all of the skills they have learned in previous classes, increasing their endurance. Should be able to swim at least one lap without stopping.

ADULT LESSONS (AGES 14 & UP)

Learn to swim, refine your skills or let us help you get over your fear of the water. The class is structured to meet each individual's need.

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			Starfish	Shrimps	Tadpoles	Guppies	Lobsters	Sea Turtles	Sea Otters	Dolphins	Adults
Lincoln Village Pool	Session 1 June 5-15	10:45-11:15 am			✓			✓	✓		
		11:20-11:50 am		✓		✓	✓				
		11:55-12:25 pm				✓		✓		✓	
		4:10-4:40 pm			✓	✓		✓			
		4:45-5:15 pm			✓		✓	✓	✓		
		5:20-5:50 pm				✓	✓	✓		✓	
		5:55-6:25 pm	✓		✓		✓		✓		
		6:30-7:00 pm		✓		✓			✓		✓
	Session 2 June 19-29	10:45-11:15 am			✓			✓	✓		
		11:20-11:50 am		✓		✓	✓				
		11:55-12:25 pm				✓		✓		✓	
		4:10-4:40 pm			✓	✓		✓			
		4:45-5:15 pm			✓		✓	✓	✓		
		5:20-5:50 pm				✓	✓	✓		✓	
		5:55-6:25 pm	✓		✓		✓		✓		
		6:30-7:00 pm		✓		✓			✓		✓
	7:05-7:35 pm				✓	✓	✓				
	Session 3 July 10-20	10:45-11:15 am			✓			✓	✓		
		11:20-11:50 am		✓		✓	✓				
		11:55-12:25 pm				✓		✓		✓	
		12:30-1:00 pm			✓		✓		✓		
		4:10-4:40 pm			✓	✓		✓			
		4:45-5:15 pm			✓		✓	✓	✓		
		5:20-5:50 pm				✓	✓	✓		✓	
		5:55-6:25 pm	✓		✓		✓		✓		
	6:30-7:00 pm		✓		✓			✓		✓	
	7:05-7:35 pm				✓	✓	✓				
	Session 4 July 24- August 3	10:45-11:15 am			✓			✓	✓		
11:20-11:50 am			✓		✓	✓					
11:55-12:25 pm					✓		✓		✓		
12:30-1:00 pm				✓		✓		✓			
4:10-4:40 pm				✓	✓		✓				
4:45-5:15 pm				✓		✓	✓	✓			
5:20-5:50 pm					✓	✓	✓		✓		
5:55-6:25 pm		✓		✓		✓		✓			
6:30-7:00 pm		✓		✓			✓		✓		
7:05-7:35 pm				✓	✓	✓					
Session 5 Aug 7-17	4:45-5:15 pm			✓		✓	✓	✓			
	5:20-5:50 pm				✓	✓	✓		✓		
	5:55-6:25 pm	✓		✓		✓		✓			
	6:30-7:00 pm		✓		✓			✓		✓	

PRIVATE LESSONS

Reserve 8 one-on-one, private, 20-minute lessons with our trained staff. For more information about class times, visit www.crpdc.com. Classes meet Mondays-Thursdays for two weeks according to session dates listed with group classes. (Times do not always match group lesson times.)

Fee: \$105/8 lessons

CLASSES

WATER AEROBICS

Deep enough waters to offer resistance to your movements, but shallow enough to accommodate those who may not want to get too wet, this class welcomes all swim levels. Punch cards can be purchased at the Lincoln Village Community Pool or at any CRPD facility. Please wear appropriate swim attire, bring a towel, water dumbbells and a water bottle.

Lincoln Village Pool 5/30-8/17

Mondays/Wednesdays ● 7-8PM (With Carolyn Boquiren)

Tuesdays/Thursdays ● 9-10AM (With Kathy Lahti)

Tuesdays/Thursdays ● 7-8PM (With Jessica Bailey)

Fee: \$40/8-visit punch card

\$7/drop-in