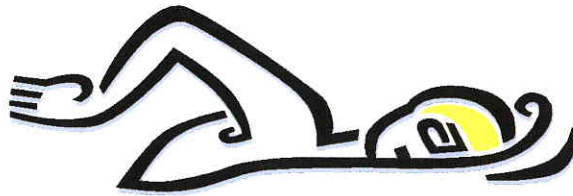
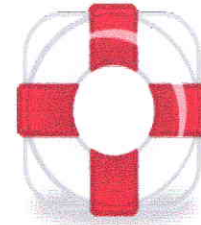


UNDER THE POOL DOME



Winter 2010 Swim Lesson Schedule

**COST OF SWIM LESSONS IS \$40.00 PER SESSION
(SIX CLASSES)**

After School Lessons

Tuesdays & Thursdays • January 12 - 28
• February 2 - 18
• March 2 - 18

4:00 – 4:40 p.m. • Pre-school & Levels 1-2 • Ages 3 and up
4:45 – 5:30 p.m. • Levels 3-6 (Swimmers) • Ages 5 and up
5:30 – 6:30 p.m. • Water Aerobics • Ages 18 and up
6:30 – 7:15 p.m. • Adult / Teen • Ages 18 and up

Parent/Tot • Age 9 months to 2 years with a parent • Provides an enjoyable water orientation with focus on parent training for positive & safe swimming skills. A parent must participate.

Pre-School • Ages 3 - 4 • Become comfortable in the water and learn breathing, prone and back floats, glides, flutter kick and safety.

Level I: Water Exploration • Ages 5 and up • Learn to fully submerge face, buoyancy, hold breath, enter and exit water independently and safety rules.

Level II: Primary Skills • Ages 5 and up • Hold breath fully submerged, prone float, rhythmic breathing, flutter kick, combined front and back stroke, beginning sidestroke

Level III: Stroke Readiness • Ages 5 and up • Jump into deep water, prone glide, back glide, front crawl, coordinate back crawl, diving, introduction to butterfly

Level IV: Stroke Development • Ages 5 and up • Deep water bobbing, rotary breathing, elementary backstroke, front crawl, back crawl, introduction to breaststroke and sidestroke.

Level V: Stroke Refinement • Ages 5 and up • Stride jump, flip turns, front/back crawl, sidestroke, butterfly and treading water.