

ROCK SPRING SWIM CLUB
 2009 Swim Lesson Schedule
 American Red Cross: Learn to Swim Program

Session 1: June 22-July 3

9:00-9:45	Level 2	Bubblers (9:30-10:00)
10:00-10:45	Level 2	Level 4
11:00-11:45	Level 1	Level 3
12:00-12:45	Level 3	Level 5

Session 2: July 6-July 17

9:00-9:45	Level 1	Bubblers (9:30-10:00)
10:00-10:45	Level 2	Level 3
11:00-11:45	Level 1	Level 3
12:00-12:45	Level 4	Level 5

Session 3: July 20-July 31

9:00-9:45	Level 2	Bubblers (9:30-10:00)
10:00-10:45	Level 1	Level 3
11:00-11:45	Level 2	Level 4
12:00-12:45	Level 3	Level 6 (Lifeguard Readiness)

Prices:
Members:
Early Bird (until 5/16/2009)
 \$45 first child
 \$40 each additional
Regular (after 5/16/2009)
 \$60 first child
 \$55 for each additional child
Non-members:
 \$80 first child
 \$75 for each additional child

Session 4: August 3-August 14

10:00-10:45	Level 2	Level 3
11:00-11:45	Level 3	Level 4

Stroke Clinics: June 22, 25, 26, 29, July 2, 3

(Mon., Thurs., and Fri., for two weeks)

5:30 p.m.-6:45 p.m.	8 and Under
7:00p.m.-8:15 p.m.	9-14

Tennis Lessons: July 20-31
 (Mondays, Wednesdays, and Fridays)
Times and Levels:
 Novice.....5:30p.m.-6:15 p.m.
 Beginner.....6:30 p.m.-7:15 p.m.
 Advanced Beginner 7:30 p.m.-8:15 p.m

The American Red Cross Suggested Progression

Bubblers.....	Water Adjustment.....	2 1/2-4 years
Level 1.....	Introduction to Water Skills.....	4-5 years
Level 2.....	Fundamentals Aquatic Skills.....	6 years and up
Level 3.....	Stroke Development	
Level 4.....	Stroke Improvement	
Level 5.....	Stroke Refinement	
Level 6.....	Personal Water Safety/Lifeguarding Readiness	

Bubblers is NOT a Red Cross Progression Course.