





View Ridge

Swim and Tennis Club

524-3500

www.vrstc.org

Summer 2016 Swim Lesson Schedule



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Summer 2016 Lesson Schedule

8-Day sessions: Monday – Thursday

Session 1 June 27 – July 7

(no class 7/4 make-up class 7/1)

Session 2 July 11 – July 21

Session 3 July 25 – August 4

Session 4 August 8 – August 18

Session 5 August 22 – August 25

(Session 5 one week only)

Class Times:

- 11:00 am - 11:30 am
- 11:30 am - 12:00 pm
- 12:00 pm - 12:30 pm
- 12:30 pm - 1:00 pm

Note: Not all classes are offered at each time.
Please check at registration.

Prices:

Non-members ...\$85

Members\$60

Registration:

- Members have priority in signing up.
- Continuing non-members have priority over new non-members.
- In person registration only.
- Prepayment required at the time of registration.**
- Checks or cash only.**

	<u>Members</u>	<u>Continuing Non-members</u>	<u>New Non-members</u>
Session 1	June 14 5:00 pm	June 21 5:00 pm	June 21 7:00 pm
Session 2	July 6 10:45 am	July 7 10:45 am	July 7 1:00 pm
Session 3	July 20 10:45 am	July 21 10:45 am	July 21 1:00 pm
Session 4	August 3 10:45 am	August 4 10:45 am	August 4 1:00 pm
Session 5	August 17 10:45 am	August 18 10:45 am	August 18 1:00 pm

Note: Registration Order Numbers will be handed out
30-minutes before registration begins for each session.

Teacher-to-Student Ratios

- Minnow classes through Floater: 1 to 5
- Beginner I & Beginner II: 1 to 6
- Advanced Beginner & Above: 1 to 8

Tennis

Days: Monday - Thursday
Times: 11:00 am - 1:45 pm, depending on level

Note: Members usually fill our classes at the beginning of the summer.

Minnow I, II (for ages 4 - 5)

These classes recognize the developmental stage of children this age. They are designed to move the young swimmer from comfort and enjoyment of the water to basic strokes. Patience and fun are emphasized.

Minnow III (for ages 4 - 5)

This class is for little ones who are very comfortable in the water and can easily float anywhere in the pool. While they may be comfortable playing in the water, they are ready to learn the basic coordination required for traditional strokes.

Non-Floater (for ages 5 & up)

This class is for older children who need to become comfortable in the water. They will work toward putting their face in the water and ultimately floating. These children usually have some real fear of the water, so patience will be emphasized.

Floater (for ages 5 & up)

This class is for older children who are somewhat comfortable in the water, can put their face in the water for a period of time, and are floating well. We will work on many prerequisites to swimming, like kicking and using their arms.

Beginner I

These swimmers are ready for the complicated coordination required of the crawl stroke. Students will also spend a great deal of time on their back and doing other activities to increase their confidence in deeper water. Correct technique will come before distance, and safety will be stressed.

Beginner II

The crawl stroke will be improved (an emphasis placed on side breathing), more time spent on their back. Other skills are introduced such as treading water, underwater swimming, and diving from the side of the pool.

Advanced Beginner

This class will continue the progression towards a relaxed and efficient crawl stroke and backstroke. The breaststroke kick will be introduced. There will also be an increase in drills to help with continued skill development.

Beginner Intermediate

This class offers continued stroke development through increased distances. Breaststroke will be introduced.

Intermediate

Strokes will continue to be improved with a great deal of emphasis on the breaststroke, a difficult yet valuable stroke. This class is often repeated by a swimmer because the skills take time to perfect.

Racing

This class offers an emphasis on competitive strokes and turns, and designed to help a swim team member. Swim team workouts are not always the best place to make sure strokes are efficient and correct, Racing is an opportunity for focused time on getting the right technique.

We do not take children under 3. We will take 3 year olds on a case-by-case basis.

Please ask and we can mutually decide if your child is ready.