STRONG SWIMMERS

SWIM LESSONS

the

>> Weekday lessons will take place two or four times a week on Monday through Thursday.

>> All lessons are 30 minutes long.

>> Space is limited for all classes. We will do our best to accommodate wait lists but no guarantee.

>> Due to the high demand for lessons, cancellations after the first class will result in a 50% refund. No refunds are issued if canceling after the second class or later.

<u>Session 6 & 7 :</u>	<u>July 8-18 & 22-Aug 1</u>	<u>Monday – Thu</u>	<u>rsday</u>
Session 8:	<u>Aug 12-Sept. 5</u>	<u>Monday/Wednesday</u>	<u>y or Tuesday/Thursday</u>
Session 9:	<u>Sept. 9-Oct. 3</u>	Monday/Wednesday	<u>y or Tuesday/Thursday</u>
<u>Class Times:</u>		<u>6:15-6:45 or 6:50-7:20</u>	
Registration Open:	Session 6: June 17– July 3		
	Session 7: July 8-July 21		
<u>Cost:</u>	Member \$75 Non-Member \$110		
Parent/Child Classes- Water Discovery/Exploration			(0-3 Years Olds)
Pre-School Classes- Water Acclimation, Movement, Stamina			(3-5 Year Olds)
School Age– Water Acclimation, Movement, Stamina & Stroke Introduction (6-9 year olds)			(6-9 year olds)



What Comes Next?

<u>Competition:</u> for students who want to swim competitively either at the Y or for a different organization.

<u>Leadership</u>: for students who want to become a lifeguard or otherwise use swimming skills in their professional career.

<u>Recreation:</u> for students who want to make swimming a part of a healthy lifestyle and a way of getting the recommended amount of physical activity per day.

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