



Boise Racquet and Swim Club 2010 Swim Lesson Program

The swim lesson program is for ages three and up. We will have levels one thru four and the children will be grouped by age and ability. The Swim lesson schedule is as follows; please sign up one week prior to session start date.

Swim lessons run Monday-Thursday

1116 North Cole Road

Boise, ID 83704

208-376-1052

Fax 208-376-1747

Sessions

Session I	June 7 – June 17
Session II	June 21 – July 1
Session III	July 5 – July 15
Session IV	July 19 – July 29
Session V	Aug 2 – Aug 12
Session VI	Aug 16- Aug 26

Levels/Times

Mornings:

Level 4	9:00 - 9:30am
Level ¾ combine	9:30 -10:00am
Level 2	10:00 -10:30am
Level 2	10:30 -11:00am
Level 1	11:00 -11:30am
Level 1	11:30 -12:00pm

Contact Ryan for more information at 376-1052.

Or

Sign up with application below.

Pricing

Group:

BRSC Members	\$ 40.00 for 8 half hour lessons
Non members	\$ 56.50 for 8 half hour lessons

Private Lessons:

BRSC Members	\$ 115.50 for 8 half hour lessons
Non members	\$ 136.50 for 8 half hour lessons

Swim Lesson Program June –August 2010

Name _____ Age _____ Birth date ____ / ____ / ____

Address _____ City _____ Zip _____

Phone# _____
(Day) _____ (Eve) _____

Session # _____ Level # _____ Time _____

Level 1

Water entry and exit
Submerge face
Open eyes under water
Front/Back float
Front/Back arm movements
Front/Back kicks
Front/Back combined movement

Level 2

Water entry and exit
Submerge entire head
Retrieve objects
Front/Back float
Front/Back glide
Change direction while swimming
Treading
Finning/Sculling arm action

Level 3

Water entry and exit
Sit/Kneel dive
Submerge and retrieve objects
Rotary breathing
Glides with kicks
Front/Back glides
Tread water
Front/Back crawl

Level 4

Compact/Stride dive
Feet-first dive
Front/Back float
Front/Back crawl
Breaststroke
Butterfly
Elementary
Side Stroke