



2018 Swim Lesson Program

For questions or to sign up contact Ryan Thompson Aja:

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- Lessons are available for ages three and up.
- Children are grouped by age and ability.
- Eight 30 minute classes are offered in two week sessions, Monday-

Sessions - 8 classes per session

___ Session 1	June 4 – June 14
___ Session 2	June 18 – June 28
___ Session 3	July 9 – July 19
___ Session 4	July 23 – Aug 2
___ Session 5	Aug 6 – Aug 16

Levels/Times:

Level 4	9:00 - 9:30 a.m.
Level 3	9:30 - 10:00 a.m.
Level 2	10:00 - 10:30 a.m.
Level 2	10:30 - 11:00 a.m.
Level 1	11:00 - 11:30 a.m.
Level 1	11:30 - 12:00 p.m.

See back for levels....

Price per session:

BRSC Members: \$50.00 per session

Non-Members: \$60.00 per session

Private Lessons: Only Offered Weekdays Noon-1pm

	Four	Eight
BRSC Members	\$75.00 (30 minutes)	\$150.00 (30 minutes)
Non Members	\$87.00 (30 minutes)	\$174.00 (30 minutes)



Child's Name _____ Child's Age _____

Session # _____ Level # _____ Time _____

Parent's/Guardian's Name _____ Cell Number _____

Email _____

Address _____ City _____ Zip _____

Skills swimmers will be working on at each level.

Level 1 (swim diapers are required for ages 3 and under)

Water entry and exit

Submerge face/Blowing Bubbles

Retrieving objects underwater

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

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

*Dependent on shared pool space with the BRSC Sharks Swim Team.