

SOUTH SPRING Swim Lessons

The Alaska Club South
10931 O'Malley Centre Drive
344-6567

2008

March Session

Registration: Begins February 28
Classes Begin:
Mon/Wed, March 17–April 2
Tue/Thur, March 18–April 3
Saturday, March 8–29
Swim Team, March 3–28

April Session

Registration: Begins March 31
Classes Begin:
Mon/Wed, April 7–23
Tue/Thur, April 8–24
Saturday, April 5–26
Swim Team, March 31–April 24

May Session

Registration: Begins April 21
Classes Begin:
Mon/Wed, April 28–May 14
Tue/Thur, April 29–May 15
Saturday, May 3–24
Swim Team, April 28–May 22

June Session

Registration: Begins May 19
Classes Begin:
Mon/Wed, June 2–18
Tue/Thur, June 3–19
Saturday, June 7–28
Swim Team, June 2–26

Prices

\$50 Mon/Wed, Member
\$75 Mon/Wed, Nonmember

\$50 Tues/Thurs, Member
\$75 Tues/Thurs, Nonmember

\$35 Saturday, Member
\$50 Saturday, Nonmember

CHILDREN'S CLASSES

Infants & Toddlers - Ages 6 months to 3 years. This is a parent-assisted class. Parent and child will be introduced to basic swimming skills. The focus of this class is water adjustment and FUN!

Tue/Thur 10–10:30am

Level 1 - Water Exploration - This level is a water adjustment and familiarization class. Class members will develop their comfort level in the water; learn to put their faces in the water, blow bubbles, basic kicking and arm movements, prone float, becoming comfortable in deeper parts of the pool, and swimming unassisted 5 yards. Classes will be divided on an age basis, please note times for proper age group.

Ages 3–5: Mon/Wed 4–4:30pm, 4:30–5pm
Tue/Thur 10:30–11am, 5–5:30pm,
5:30–6pm, 6–6:30pm

Ages 5–10: Mon/Wed 4:30–5pm, 5–5:30pm
Tue/Thur 5:30–6pm, 6–6:30pm
Saturday 1:35–2:05pm, 2:10–2:40pm

Level 2 - Primary Skills - Prerequisite skills are those learned in Level 1. Students will be introduced to elements of the front and back crawl strokes, and beginning side breathing techniques. Students must be able to swim 15-yards unassisted before passing this class. Classes will be divided up on an age basis, please note times for proper age group.

Ages 3–5: Mon/Wed 4–4:30pm, 4:30–5pm
Tue/Thur 11–11:30am, 5–5:30pm,
5:30–6pm,

Ages 5–10: Mon/Wed 4:30–5pm, 5–5:30pm
Tue/Thur 5:30–6pm, 6–6:30pm
Saturday 12:45–1:15pm

Level 3 - Stroke Readiness - Prerequisites: Completion of Level 2. Students will improve front and back crawl strokes and be introduced to elementary backstroke and the breast stroke. Students must be able to swim 25-yards of front crawl with side-breathing and back crawl unassisted to pass.

Ages 3–5: Mon/Wed 4–4:30pm, 4:30–5pm
Tue/Thur 5–5:30pm, 5:30–6pm

Ages 5–10: Mon/Wed 4:30–5pm, 5:30–6pm
Tue/Thur 5:30–6pm, 6–6:30pm
Saturday 2:15–2:45pm

Level 4 - Stroke Development - Students master previously learned swimming strokes and skills, adding the breast stroke, side stroke and diving safety. Students must be able to swim 25-yards of each stroke without stopping to pass this class. Class will be divided on an age basis. Please note times for the proper classes.

Mon/Wed 4:30–5pm, 5–5:30pm

Level 5 - Required skills: Swim 25-yards front crawl and back stroke, and tread water for two minutes. Skills learned: introduction to dolphin kicks, open turns, building endurance and introduction to diving.

Mon/Wed 4:30–5pm, 5–5:30pm

Swim Team - The Alaska Club South proudly presents our swim team. Class members will be challenged to one hour of swim team work out, stroke development, endurance training and FUN! Class members must be 8 years or older and have passed level 3. Team members will have the opportunity to participate in bi-club invitational swim meets as well as friendly meet get together with other swim teams. Participants should have swim caps and goggles.

This class will run on a monthly basis with registration fee due by the 1st class of the month. There will be no practice during the weeks of December 24–January 4. Swim members may participate all 4 days during the week of December 17 as make up days. Class price is \$65 for members and \$95 for nonmembers.

Mon/Wed 4:30–5:30pm

December 3–19
January 7–30
February 4–27

Tue/Thur 5–6pm
December 4–20
January 8–31
February 5–28

SOUTH SWIM LESSON POLICIES

- Cancellations must be made in person 48 hours prior to the start of lessons in order to receive a refund or credit. Any in-club credits must be used within two months of the original registration date.
- Level 7 is not offered at South. Students may take Level 5 and 6 back-to-back for more time in the water.
- Classes with less than three participants may be cancelled. You will be notified of cancellation 24 hours prior to the start of class, at which point you'll have the choice of receiving credit for the next month, three private lessons or a refund.
- While efforts are made to keep classes to five students, Levels 4, 5, 6 and Infant/Toddler may have up to 7 students.
- Upper-level classes may be combined.
- Swimmers should avoid large meals two hours prior to class and use the bathroom before class.
- Saturday lessons consist of 4 lessons. Week day lessons consist of 6 lessons.
- No make-ups are made due to illness of students.

EAST SPRING Swim Lessons

The Alaska Club East
5201 East Tudor Road
337-9550

2008

March Session

Registration: February 6–29

Class Dates:

Mon/Wed, March 3–19

Saturday, March 1–22

Torpedoes Classes, March 4–26

April Session

Registration: March 5–31

Class Dates:

Mon/Wed, April 7–23

Saturday, April 5–26

Torpedoes Classes, April 11–23

May Session

Registration: April 9–May 2

Class Dates:

Mon/Wed, May 5–21

Saturday, May 3–24

Torpedoes Classes, May 6–29

June Session *

Registration: May 6–30

Class Dates:

Mon/Wed Evenings, June 2–18

Tues/Wed/Thurs Mornings, June 11–30

Torpedoes Classes, June 3–26

Prices:

\$50 Mon/Wed, Member

\$75 Mon/Wed, Nonmember

\$75 Tues/Wed/Thur, Member

\$100 Tues/Wed/Thur, Nonmember

\$35 Saturday, Member

\$50 Saturday, Nonmember

*Please see new prices.

Register in person at the East front desk or by phone. Members registering by phone must contact the Aquatics Director at 330-0159.

CHILDREN'S CLASSES

Infants & Toddlers - Ages 6 months to 3 years. This is a Parent Participation class. Parent and child will be introduced to basic swimming skills. The focus of this class is water adjustment and fun.

Mon/Wed	6:30–7pm
*Tues/Wed/Thurs	10–10:30am
Saturday	11–11:30am

Level 1 - Water Exploration - For children 3 to 5. Skills include water introduction to the following: bubble blowing, submerging faces in the water, prone glides both front and back, front crawl arms, back floats, and flutter kicks. Students must be able to submerge their face, Prone Glide front and back 5yds unassisted, and float on their back 5yds unassisted to proceed to level 2.

Mon/Wed	6:30–7pm
*Tues/Wed/Thurs	10–10:30am, 10:30–11am
Saturday	11–11:30am, 11:30am–Noon

Level 2 - Primary Skills - Prerequisite skills: Students should be able to Prone Glide 5yds on their stomach, unassisted, and float on their back 5yds unassisted. Students will be introduced to elements of the front crawl and breaststroke. As well as, introduction to elementary backstroke and water treading. Student must be able to swim 15 yards front crawl, and Elementary Backstroke unassisted to move on to level 3.

Mon/Wed	6:30–7pm
*Tues/Wed/Thurs	10:30–11am, 11–11:30am
Saturday	11:30am–Noon

Level 3 - Stroke Development – Prerequisites skills: Student must be able to swim 15yds front crawl, elementary backstroke unassisted, and tread water for one minute. Students will be learning stroke refinement on front crawl, breaststroke, backstroke, introduction to butterfly, rhythmic breathing, as well as introduction to sidestroke. Students must demonstrate 25 yards of front crawl, breaststroke, backstroke, and 5 yards of butterfly to advance to level 4.

Mon/Wed	7–7:30pm
*Tues/Wed/Thurs	11–11:30am
Saturday	Noon–12:30pm

Level 4 - Stroke Refinement – Prerequisites skills: Students must demonstrate 25 yards of front crawl, breaststroke, backstroke, and 5 yards of butterfly. Students will be learning stroke refinement on front crawl, breaststroke, backstroke, butterfly, rhythmic breathing, and introduction to flip-turns, and starts.

Mon/Wed	7–7:30pm
Saturday	12:30–1pm

Swim Team: Prerequisites skills: Students must demonstrate 25 yards of front crawl, breaststroke, backstroke. Students will be challenged to full 1 hour workouts, stroke development on all competitive strokes, starts and flip-turns, as well as experience non-competitive bi-club swim meets, as well as other Jr. Swim teams. Participants should have their own goggles, and one team swim cap will be provided upon sign-up.

Tues/Thurs	5–6pm
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OTHER CLASSES

Adult Swim Lessons: Open to any adults, students will work on primary skills, and then move on to stroke readiness, and improvement. This class is great for any beginning adults or adults that want to refine their competitive swim strokes.

Mon/Wed	7:30–8pm
Saturday	12:30–1pm

Introduction to Diving – This class is for ages 10–14 yrs. (Unless they can demonstrate required swimming abilities). In these 6½ hour classes, your child will learn how to properly do a kneeling dive, as well as a standing dive from the side of the pool. The student will learn the proper three-step approach for a diving board. Dives off the board include a full-pike dive, tuck dive, and much more.

Mon/Wed	7:30–8pm
Saturday	12:30–1pm

Private Lessons - Instruction catered to individual skill development. To schedule, call 330-0159.

EAST SWIM LESSON POLICIES

- Cancellations must be made at least 4 hours in advance with the assigned instructor.
- There will be no refunds or make-up classes unless proper notice is given to the instructor.
- East club offers group lessons with a student ratio not to exceed 4 students per instructor.

Private Lesson ½ hour
\$20 Member, \$25 Nonmember

Semi-Private Lesson ½ hour - (3 student maximum.
Cost is per class, not per student.)
\$30 Member, \$40 Nonmember