

# Centennial Valley Country Club Swim Lessons

**Centennial is offering swim lessons this summer.**

**Private Swim Lessons:** Call or e-mail Maret for more information 339-3234

[maretc@gmail.com](mailto:maretc@gmail.com) <http://www.centennialvalleygolfac.com>



## **Group Swim Lessons:**

### **Level 1: Minnows (2-3 years) – 30 minute classes (limit 4 children)**

Begin basic water exploration, blowing bubbles. Goal is for child to become comfortable with water. Parents are required to sit on side of pool.

### **Level 2: Dolphins (4-6 years) – 30 minute classes (limit 5 children)**

Learn fundamental basics of swimming with assisted floating and forward movement. Must be able to comfortably put face in the water.

### **Level 3: Barracuda (6-8 years) – 30 minute classes (limit 5 children)**

Focus of class is to develop skills to swim the length of the pool. Refinement of freestyle, backstroke and breast stroke techniques will be addressed.

### **Level 4: Sharks (8 & up) – 30 minute classes (limit 5 children)**

Must be able to swim the length of pool using freestyle and breaststroke. Coordinate skills for all 4 competitive strokes.

### **Session one: May 31st – June 10<sup>th</sup>** (eight 30 minute lessons)

Minnows (2-3 years): 1:30 to 2:00

Dolphins (4-6 years): 2:10 – 2:40

Minnows (2-3 years): 2:50 to 3:20

Dolphins (4-6 years): 3:30 – 4:00

#### **Evening**

Minnows (2-3 years): 5:00 – 5:30

Dolphins (4-6 years): 5:40 – 6:10

Barracuda(6-8 years): 6:20 – 6:50

Sharks (8 & up) : 7:00- 7:30

### **Session two: June 14<sup>th</sup> - June 24<sup>th</sup>** Tuesday – Friday (eight 30 minute lessons)

#### **Morning**

Sharks (8 & up) : 9:00 - 9:30

Barracuda(6-8 years): 9:40 – 10:10

Dolphins (4-6 years): 10:20 – 10:50

Minnows (2-3 years): 11:00 – 11:30

#### **Evening**

Minnows (2-3 years): 5:00 – 5:30

Dolphins (4-6 years): 5:40 – 6:10

Barracuda(6-8 years): 6:20 – 6:50

Sharks (8 & up) : 7:00- 7:30

### **Session three: July 19<sup>th</sup> - July 29<sup>th</sup>** Tuesday – Friday (eight 30 minute lessons)

#### **Morning**

Sharks (8 & up) : 9:00 - 9:30

Barracuda(6-8 years): 9:40 – 10:10

Dolphins (4-6 years): 10:20 – 10:50

Minnows (2-3 years): 11:00 – 11:30

#### **Evening**

Minnows (2-3 years): 5:00 – 5:30

Dolphins (4-6 years): 5:40 – 6:10

Barracuda(6-8 years): 6:20 – 6:50

Sharks (8 & up) : 7:00- 7:30

**Cost** Members: \$40.00 per session Non Members: \$50.00

(after first class instructor may re-evaluate and move your child up or down a level, accordingly)

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