

Planning Your Summer Vacation?

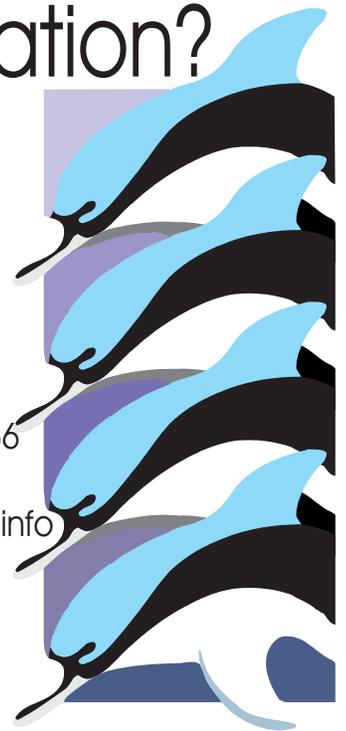
This is the Calendar schedule for the 2014 Summer Swim Classes.

Mail-In Registration can be postmarked no earlier than April 17 to: Recreation Center, 5151 N Colony Blvd. The Colony TX 75056

On-Line Registration starts April 17 email play@tcpard.com for info

Walk-In Registration starts April 28 at The Aquatic Park 5580 North Colony Blvd or the Rec Center 5151 North Colony Blvd

Phone-In Registration starts April 28 at (972)625-1106



2014 Summer Swim Lesson Calendar

Pre Season Tue & Thur May 7-June 6

Session 1 June 9 through June 19

Session 2 June 23 through July 3

Session 3 July 7 through July 17

Session 4 July 21 through July 31

Session 5 August 4 through August 14

Summer Sessions will be held Mondays through Thursdays

Volunteer Application Available

A Great summer program for kids, age 12 & older!

Which SWIM CLASS is right for my child?

Age

Is your child age 2 1/2, or older? No 



Is your Child age 6, or older? No 



Suggested Class

.....HydroTots, Parent/Child Class

Is your child: 1. putting his face in the water? No 
 2. happy w/o arm floats? Seahorse 



Can your child: 1. float on stomach & back, solo? No 
 2. jump off wall, solo? Jellyfish 
 3. paddle 5 yards, solo? Pufferfish 



Does your child swim independently? No .....Beginner



Does your child swim in deep water? No ..... Advanced Beginner



Can your child swim Front Crawl the width of the Indoor Pool (14 yards) without stopping or struggling? No ..... Does he swim Back Crawl, Elementary Backstroke, Tread water, and dive? No .....Intermediate



Can your child swim Front Crawl AND Back Crawl the length of the Indoor Pool (25 yards) without stopping or struggling? No ..... Does he swim Breaststroke, Sidestroke & Butterfly Kick, using proper turns for each? No .....Swimmer

Advanced swimmers participate in H2O Go! (a class styled like a swim team) or the Lakeside Aquatic Club USA Swim Team

Summer Swim Classes

Swim Class Types

Public Swim Classes

Time: 30 minutes, for 8 days

Session Dates: See Page 3

Schedule: See Page 4 & 5

Prices: - \$65/resident; \$75/non;

Size- 5-8 students in a class.

Semi-Private Classes

Time: 30 minutes, for 8 days

Session Dates: See Page 3

Schedule: See Page 4 & 5

Price- \$110/resident; \$120/non

Size- 3-4 students in a class.

Private - Summer Discount!!!

Time: 30 minutes, for 8 days

Session Dates: Must match session dates on page 3. No substitutions.

Schedule: Call for arrangements (972)624-2225

Price- \$210 per session (that's 8 classes for the price of 7!)

Size- one

Individual Private Classes

Time: 30 minutes

Dates: dates & times arranged with instructor. Call to have an instructor contact you. (972) 624-2225

Price- \$30 per class

Size- one

What to do during your child's class?

Please, stay and watch! **BUT** give our wonderful instructors plenty of teaching space.

Sit at least 20 feet back from the pool edge. We have tables, shade and comfortable lounge chairs.

Photos!

Throughout the course, our photographer will be taking pictures of your classes. These will be available through an on-line photo business. A link will be available in the Aquatics web site. at www.PlayTC.com.

Instructor info

You will be "wowed" by our fabulous instructors. Many are old timers, teaching for us more than 10 years. Even our youngest instructors have a history of several years as Volunteens (Assistant Swim Instructors) before they became formally certified. They have personality, brains and the drive to get your child swimming at his/her best.

Volunteens

Those great assistants helping with the classes are ages 12 & older. The program gives work experience, team building skills and can be a lot of fun! Volunteens get discounts towards Public Swim, kayaking & Lifeguard Training. The application is on Page 12. Spread the word!



Skill Descriptions

These descriptions should help you select the most appropriate skill level for your swimmer. You child should be able to comfortably complete the "Exit Skills" from a level lower than the class you select.

Hydrotots!

Suggested ages: 6 mo-3 yrs
Parents and children learn together to increase a child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control. The classes are fun-filled and help introduce water safety concepts, encouraging a healthy recreational habit your entire family can enjoy.

Skills:

Provides experiences and activities for children to—
Learn to ask for permission before entering the water.
Establish expectation for adult supervision.
Learn how to enter & exit the water in a safe manner.
Feel comfortable in the water.
Explore submerging to the mouth, nose and eyes and fully submerging. Tots who are ready will start submerging in a rhythmic pattern.
Explore buoyancy on the front & back position.
Change body position in the water.
Glide on the front & back with assistance.
Tots, who are ready, will perform combined stroke on front & back with assistance.
Learn how to play safely.
Experience wearing a U.S. Coast Guard-approved life jacket. Plus age-appropriate water safety topics.

HydroTot Skills (6 mo.- 3 year olds)

SKILL

Holding and Support Techniques	Face to Face Back to Chest Side to Side
Working with the Child	Cueing
Water Adjustment Entry and Exit	Seated Entries Ladders Jumping in
Breath Control	Blowing Bubbles on the surface Blowing Bubbles with mouth and nose submerged Underwater exploration Submerging mouth nose and eyes
Buoyancy on Front	Front float Front glide
Buoyancy on Back	Back float Back glide
Changing Direction	Roll from front to back Roll from back to front
Swim on Front	Passing from instructor to parent Leg action Combined stroke with assistance
Swim on Back	Passing from instructor to parent Leg action Combined stroke with assistance
Water Safety	Life jacket safety, How to call for help and the importance of first aid and CPR, Basic water safety rules, Water Safety around the home, RWI's and Sun safety

Preschool Course Description

Seahorse Preschool

(Suggested ages: 3 –5 years old)

Orients children to the aquatic environment and helps them gain basic aquatic skills.

Physical Goals:

Enter and exit water using ladder, steps or side

Blow bubbles through mouth and nose (3 sec)

Submerge mouth, nose and eyes

Open eyes under water and retrieve submerged objects

Front and back glides (2 body lengths)

Recover from a front glide to a vertical position

Back float (3 sec) and recover to a vertical position

Roll from front to back and back to front

Tread with arm and hand actions
Alternating and simultaneous leg actions on front and back (2 body lengths)

Alternating and simultaneous arm actions on front and back (2 body lengths)

Combined arm and leg actions on front & back (2 body lengths)

Safety Topics:

Life Jacket Use

Staying safe, including

recognizing an emergency & knowing how to call for help

Learn how to stay safe in, on & around the water, including the use of a life jacket, recognizing lifeguards and sun safety.

Exit Skills (Done with support)

1. Enter independently, using either the ladder, steps or side, travel at least 5 yards, submerge mouth and blow bubbles for at least 3 seconds then safely exit the water (children can walk, move along the gutter or “swim”)

2. While in shallow water, glide on front at least 2 body lengths, then roll to back and float on back for 3 seconds then recover to a vertical position.

Jellyfish Preschool

ages: 3 –5 years old)

Physical Goals:

Enter water by stepping in

Exit water using ladder, steps or side

Bobbing (3 times)

Open eyes under water and retrieve submerged objects

Front(3 sec)& back floats (5 sec) & glides (2 body lengths)

Recover from a front and back float or glide to a vertical position
Roll from front to back and back to front

Tread water using arm and leg actions (5 sec)

Combined arm and leg actions on front and back(3 body lengths)

Finning arm action on back

Safety Topics:

Life Jacket Use

Staying safe, including

recognizing an emergency & knowing how to call for help

How to recognize lifeguards

Sun Safety

Exit Skills

1. Glide on front at least 2 body lengths, roll to back, float on back for 5 seconds then recover to a vertical position.

2. Glide on back for at least 2 body lengths, roll to front, float for 5 seconds then recover to a vertical position.

3. Swim using combined arm & leg actions on front for 3 body lengths, roll to back float for 5 seconds, roll to front then continue swimming on front for 3 body lengths.

Puffer Preschool

ages: late 3–5 years old)

Helps children start to gain basic swimming propulsive skills to be comfortable in and around water.

Physical Goals:

Enter water by jumping in
Fully submerge and hold breath(5 sec)

Bobbing(5 times)

Front, jellyfish and tuck floats (5 sec)

Recover from a front and back float or glide to a vertical position

Back float (15 sec)& glide (2 body lengths)

Change direction of travel while swimming on front or back

Tread water using arm and leg actions (15 sec)

Combined arm and leg actions on front and back (5 body lengths)

Finning arm action on back (5 body lengths)

Safety Topics:

Life Jacket Use

Staying safe, including

recognizing an emergency & knowing how to call for help

How to recognize lifeguards

Sun Safety

Exit Skills

1. Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to a vertical position.

2. Move into a back float for 5 seconds, roll to front then recover to a vertical position.

3. Push off & swim using combined arm & leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front then continue swimming for 5 body lengths. (child can be assisted when taking a breath)

Preschoolers completing this course may progress to the Learn To Swim Intermediate Level.



Preschool Skill Comparison (Late 3-5 Year olds)

SKILL	Seahorses	Jellyfish	Puffer
Water Entry/Exit	Enter & exit independently	Demonstrate entrance w/ assistance in shoulder deep water. Demonstrate independent exit in chest deep.	Jumping in independently into shoulder deep water.
Breath Control	Blowing bubbles (3 sec) Open eyes under H2O (2X) Submerge mouth, nose, & eyes	Bobbing (3X) w/ support; Open eyes under H2O (2X) Retrieving submerged objects in chest deep water independently.	Fully submerged, holding breath (5 sec); Demo Bobbing independently (5X) in chest deep water.
Buoyancy on Front	Front glide (2 lengths); Recover from front glide to vertical position; Both, with support.	Front float (2 sec); Front glide (2 body lengths) Recover from front float or glide to vertical position All, with assistance.	Independent demo (5 sec) Front float jellyfish float tuck float; Independent recovery from float to vertical.
Buoyancy on Back	Back glide (2 lengths); Recover from back glide to vertical position; Both, with support.	Back float (5 sec); Back glide (2 body lengths) Recover from back float or glide to vertical position All, with assistance.	Back float (15 sec); Back glide (2 body lengths); Recover from float to vertical. ALL independently
Changing Direction	Roll from front to back; Roll from back to front; Both, with support.	Roll from front to back; Roll from back to front; Both, with assistance.	Independently change direction of travel while swimming on front or back
Treading	Explore arm and hand actions in chest deep water	Demo arm & leg motions (5 sec) in shoulder deep water with assistance.	Demo arm & leg motions (15 sec) in shoulder deep water, independently.
Swim on Front	Demo w/ support (2 lengths) Alternate leg action; Simultaneous leg action; Alternate arm action; Simultaneous arm action; Combined arm & leg action	Combined arm & leg action(3 body lengths) with assistance.	Combined arm & leg action(5 body lengths) independently.
Swim on Back	Demo w/ support (2 lengths) Alternate leg action; Simultaneous leg action; Alternate arm action; Simultaneous arm action; Combined arm & leg action	Combined arm & legaction(3 body lengths)with assistance. Finning arm action (3 body lengths) with assistance.	Combined arm & leg action(5 body lengths) independently. Finning arm action (5 body lengths) independently.

Preschoolers, completing Puffer may jump to Intermediate

Beginner, Ad. Beginner, Intermediate

Beginner

(Ages 6 & older)

Helps participants feel comfortable in the water.

Physical Goals:

Enter and exit water using ladder, steps or side
Blow bubbles through mouth and nose(3 sec)
Bobbing (3 X)
Open eyes under water and retrieve submerged objects(2 x)
Front and back glides (2 body lengths) and floats(3 sec)
Recover to vertical position

Roll from front to back and back to front

Tread water using arm and hand actions

Alternating and simultaneous leg actions on front and back (2 body lengths)

Alternating and simultaneous arm actions on front and back(2 body lengths)

Combined arm and leg actions on front and back (2 body lengths)

Safety Topics:

Learn how to stay safe, including recognizing an emergency & knowing how to call for help.

Learn how to stay safe in, on & around the water, including the use of a life jacket, recognizing lifeguards and sun safety.

Exit Skills

Successfully complete the following exit skills assessment:

1. Enter independently, using either the ladder, steps for side, travel at least 5 yards, bob 3 times then safely exit the water. (Participants can walk, move along the gutter or "swim".)
2. Glide on front at least 2 body lengths, roll to a back float for 3 seconds & recover to a vertical position. (This part of the assessment can be performed with support.)

Advanced Beginner

Fundamental Aquatic Skills (Ages 6 & older)

Builds success through fundamentals.

Physical Goals:

Enter and exit water by stepping or jumping from the side
Fully submerge and hold breath (2 sec)
Bobbing (5 Xs)
Open eyes under water and retrieve submerged objects (2Xs)
Front, jellyfish and tuck floats(5 sec)
Front & back glides(2 body lengths)& floats(15 sec)
Recover to vertical position
Roll from front to back and back to front
Change direction of travel while swimming on front or back
Tread water using arm and leg actions (15 sec)
Combined arm and leg actions on front and back (5 body lengths)
Finning arm action (5 body lengths)

Safety Topics:

Learn how to stay safe, including recognizing an emergency, knowing how to call for help & perform simple nonswim assists.
Learn how to stay safe in, on & around the water, including the use of a life jacket, recognizing lifeguards and sun safety.
Learn to look carefully before entering the water.
Learn what to think about & what to do when exhausted or caught in a dangerous situation.

Exit Skills

Demonstrate competency in all required skills & activities, including in-water skills.

1. Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to a vertical position.
2. Move into a back float for 5 seconds, roll to front then vertical.
3. Push off & swim using combined arm & leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front then continue swimming for 5 body lengths. (child can be assisted when taking a breath)

Intermediate

Stroke Development

Mixed ages

Builds on the skills in Level 2 through additional guided practice in deeper water.

Physical Goals:

Enter water by jumping from the side
Headfirst entries from the side in sitting and kneeling positions (into deep water)
Bobbing while moving toward safety(5 Xs)
Rotary breathing(10 Xs)
Survival float(30 sec)
Back float(30 sec)
Change from vertical to horizontal position on front and back
Tread water (30 sec)
Flutter and dolphin kicks on front (3-5 body lengths)
Scissors kick(10 yds)
Front crawl and elementary backstroke (15 yds)

Safety Topics:

Learn to look carefully before entering water
Learn to perform simple non-swimming assists
Learn to recognize, prevent and respond to cold water emergencies.

Exit Skills

Demonstrate competency in all required skills & activities, including in-water skills.

1. Successfully complete the following exit skills assessment: Jump into chest-deep water from the side, swim front crawl for 15 yards with face in the water & rhythmic breathing pattern (to front or side), maintain position by treading or floating for 30 seconds & swim back crawl for 15 yards.

Skill Comparison (age 6 & older)

SKILL	Beginner	Ad. Beginner	Intermediate
Water Entry/Exit	Enter & exit independently	Independent demo: Entrance in shoulder deep water. Exit in chest deep.	Independent demo in deep water (9ft): Jump in from side; sitting dive kneeling dive
Breath Control	Blowing bubbles (3 sec) Open eyes under H2O (3X) Submerge mouth, nose, & eyes (2X)	Independent demo: Submerge holding breath (5 sec); Bobbing (5X); Retrieving objects (2X).	Independent demo: Bobbing to safety(5X); Rotary breathing (10X).
Buoyancy on Front	Front glide (2 lengths); Recover from front glide to vertical position; Both, with support.	Independent demo ea. (5 sec): front float, jellyfish float, tuck float; Independent recovery from float to vertical. Front glide (2 body lengths)	Independent demo: Survival float (30 sec)
Buoyancy on Back	Back float (3 sec) Back glide (2 lengths); Recover from back glide to vertical position; Both, with support.	Independent demo each: Back float (15 sec); Back glide (2 body lengths) Recover from back float or glide to vertical position	Independent demo: Back float (30 sec)
Changing Direction	Roll from front to back; Roll from back to front; Both, with support.	Independent demo each: Roll from front to back; Roll from back to front; Change direction while swimming on front or back.	Independent demo in deep water: change from vertical to horizontal position in both back & front floats.
Treading	Explore arm and hand actions in chest deep water	Independent demo arm & leg motions (15 sec) in shoulder deep water.	Independent demo in deep water: tread (30 sec)
Swim on Front	Demo w/ support (2 lengths) Alternate leg action; Simultaneous leg action; Alternate arm action; Simultaneous arm action; Combined arm & leg action	Independent demo: Combined arm & leg action(5 body lengths) with assistance.	Independent demo each: Flutter kick (3-5 lengths); Dolphin kick (3-5 lengths); Front crawl (15 yards)
Swim on Back	Demo w/ support (2 lengths) Alternate leg action; Simultaneous leg action; Alternate arm action; Simultaneous arm action; Combined arm & leg action	Independent demo: Combined arm & legaction(5 body lengths)with assistance. Finning arm action (5 lengths)	Independent demo: Elementary Back (15 yds); ALSO Scissors kick (10 yds).

Preschoolers, completing Puffer may jump to this level

Swimmer Levels

Swimmer

Stroke Improvement

Develops confidence in the skills learned and improves other aquatic skills.

Headfirst entries from the side in compact and stride positions (into deep water)
Swim under water (3-5 body lengths)
Feetfirst surface dive
Survival swimming (30 sec)
Front crawl and backstroke open turns
Tread water using 2 different kicks (2 min)
Front and back crawl, elementary backstroke, breaststroke, sidestroke & butterfly (15 yds)
Flutter and dolphin kicks on back (3-5 body lengths)

Safety Topics:

Learn to look carefully before entering water
Learn what to think about & what to do when exhausted or caught in a dangerous situation.
Learn to perform simple non-swimming assists
Learn about recreational water illnesses & how to prevent them

Exit Skills

Demonstrate competency in all required skills & activities, including in-water skills.
Successfully complete the following exit skills assessment:
1. Perform a feetfirst entry into deep water, swim front crawl for 25 yards, change direction & position as necessary & swim elementary backstroke for 25 yards.
2. Swim breaststroke for 15 yards, change direction & position as necessary & swim back crawl for 15 yards.

Advanced Swimmer

Stroke Refinement

Provides further coordination and refinement of strokes.

Physical Goals:

Shallow-angle dive from the side then glide and begin a front stroke (in deep water)
Tuck and pike surface dives, submerge completely
Front flip turn and backstroke flip turn while swimming
Tread water (5 min)
Front crawl & elementary backstroke(50 yds)
Back crawl, breaststroke, sidestroke & butterfly(25 yds)
Sculling (30 sec)

Safety Topics:

Learn to look carefully before entering water
Learn what to think about & what to do when exhausted or caught in a dangerous situation.
Learn to perform simple non-swimming assists
Learn about recreational water illnesses & how to prevent them
Learn how to call for help & the importance of knowing first aid & CPR
Learn basic safety guidelines for participating in aquatic activities at waterparks.

Exit Skills

Demonstrate competency in all required skills & activities, including in-water skills.
Successfully complete the following exit skills assessment:
1. Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, change direction & position of travel as necessary & swim elementary backstroke for 50 yards.
2. Swim breaststroke for 25 yards, change direction & position of travel as necessary & swim back crawl for 25 yards.

Skill Comparison (age 6 & older)

SKILL	Swimmer	Ad Swimmer
Water Entry/Exit	Headfirst entries into 9' H2O in both compact and stride positions	Shallow angle dive Shallow angle dive, glide (2 body lengths) & begin front stroke.
Breath Control	Swim underwater (3-5 body lengths) Feetfirst Surface Dive	Tuck surface dive. Pike surface dive.
Buoyancy	Survival Swimming (30 sec)	
Changing Direction	Front crawl open turn Backstroke open turn	Front flip turn while swimming Backstroke flip turn while swimming.
Treading	Tread water (2 min) using 2 different kicks (modified scissors, modified breaststroke or rotary)	Tread (5 min)
Swim on Front	Front crawl (25 yds) Breaststroke (15 yds) Butterfly (15 yds)	Front crawl (50 yds) Breaststroke (25 yds) Butterfly (25 yds)
Swim on Back	Flutter kick (3-5 body len) Dolphin kick (3-5 body len) Elementary back (25 yds) Back crawl (15 yds)	Sculling (30 sec) Elementary back (50 yds) Back crawl (25 yds)
Swim on Side	Sidestroke (15 yds)	Sidestroke (25 yds)

Upper Level Swim Programs

Red Cross Swimmer Class

Group class (6-8 students) listed in black/ Semi-private (3-4) listed in red
Prerequisites: If your swimmer can already manage the width of our Indoor Pool (15 yards), he is ready to develop swim team style, explore advanced swim strokes, & build endurance needed to swim laps on the length of the Indoor Pool!

Course Activities: lifesaving entries (compact & stride); underwater swim (3-5 body lengths); feetfirst surface dive; survival swimming; open turns (front & back); tread water using 2 different kicks; 15 yards of: front crawl, back crawl, elementary backstroke, breaststroke, sidestroke & butterfly; kicks (flutter & dolphin kicks) & age appropriate safety topics

The Colony Aquatic Park	TC Resident/Non-Res
421014-C : M - Th: 6/9 - 6/19 : 10:00 - 10:30am : \$65/\$75	
421014-D : M - Th: 6/9 - 6/19 : 10:45 - 11:15am : \$65/\$75	
421014-K : M - Th: 6/9 - 6/19 : 6:00 - 6:30pm : \$65/\$75	
421014-SK : M - Th: 6/9 - 6/19 : 6:00 - 6:30pm : \$110/\$120	
421014-SM : M - Th: 6/9 - 6/19 : 7:05 - 7:35pm : \$110/\$120	
421024-C : M - Th : 6/23 - 7/3 : 10:00 - 10:30am : \$65/\$75	
421024-D : M - Th : 6/23 - 7/3 : 10:45 - 11:15am : \$65/\$75	
421024-K : M - Th : 6/23 - 7/3 : 6:00 - 6:30pm : \$65/\$75	
421024-SK : M - Th : 6/23 - 7/3 : 6:00 - 6:30pm : \$110/\$120	
421024-SM : M - Th : 6/23 - 7/3 : 7:05 - 7:35pm : \$110/\$120	
421034-C : M - Th : 7/7 - 7/17 : 10:00 - 10:30am : \$65/\$75	
421034-D : M - Th : 7/7 - 7/17 : 10:45 - 11:15am : \$65/\$75	
421034-K : M - Th : 7/7 - 7/17 : 6:00 - 6:30pm : \$65/\$75	
421034-SK : M - Th : 7/7 - 7/17 : 6:00 - 6:30pm : \$110/\$120	
421034-SM : M - Th : 7/7 - 7/17 : 7:05 - 7:35pm : \$110/\$120	
421044-C : M - Th: 7/21 - 7/31 : 10:00 - 10:30am : \$65/\$75	
421044-K : M - Th: 7/21 - 7/31 : 6:00 - 6:30pm : \$65/\$75	
421044-SK : M - Th: 7/21 - 7/31 : 6:00 - 6:30pm : \$110/\$120	
421054-C : M - Th : 8/4 - 8/14 : 10:00 - 10:30am : \$65/\$75	
421054-SK : M - Th : 8/4 - 8/14 : 6:00 - 6:30pm : \$110/\$120	

Red Cross Advanced Swimmer

Semi-private class of 3-4 students

Refine the details and coordination of a great stroke! If comfortable swimming the length of the Indoor Pool, this next level teaches shallow dives; racing turns, pike & tuck surface dives. It also adds LOTS of distance & focuses on style for front crawl & elementary backstroke (50 yds), back crawl, breaststroke, sidestroke & butterfly (25 yds). Safety lessons include a 5 minute tread, non-swimming rescues, learning about Recreational Water Illnesses and "smart swimming".

The Colony Aquatic Park	TC Resident/Non-Res
421015-SL : M - Th : 6/9 - 6/19 : 6:30 - 7:00pm : \$110/\$120	
421025-SL : M - Th : 6/23 - 7/3 : 6:30 - 7:00pm : \$110/\$120	

The Colony Aquatic Park
5580 N. Colony Blvd
The Colony, TX 75056

(972)624-2225

H2O-Go!

Jump into the FAST LANE with swim team style training that will move your strokes forward. If you love water, are comfortable in the deep end of the pool, & can confidently swim 25 yards without stopping, this non-competitive program might be for you! *Goggles & fins required.*

H2O-Go! has a lesson style that "feels" like a swim team, but doesn't require that level of commitment. The coaching staff designs workouts that focus on starts, turns, finishes, freestyle, backstroke, & butterfly. Participants learn to work in "lane patterns" with staggered starts and personal goals.

This is an opportunity to keep up swim team training activities in a nurturing environment, with lowered pressure on competition. There is no long term commitment, no special uniform & no swim meets... just fun sessions working on competitive strokes with great coaches!

July 7-31 (4 weeks). Sign up for Mon/Wed **AND/OR** Tue/Thu!
 421501-GA : Ages 8 & under : M & W : 7/7 - 7/30 : 6-6:30pm : \$55
 421501-GB : Ages 9-10 : M & W : 7/7 - 7/30 : 6:30-7pm : \$55
 421501-GC : Advanced : M & W : 7/7 - 7/30 : 7-7:30pm : \$55
 421501-GD : Ages 8 & under : T & Th : 7/7 - 7/31 : 6-6:30pm : \$55
 421501-GE : Ages 9-10 : T & Th : 7/7 - 7/31 : 6:30-7pm : \$55
 421501-GF : Advanced : T & Th : 7/7 - 7/31 : 7-7:30pm : \$55

August 4-14 (2 weeks). Classes are Mon **THROUGH** Thur!
 421501-HA : Ages 8 & under : M - Th : 8/4 - 8/14 : 6-6:30pm : \$55
 421501-HB : Ages 9-10 : M - Th : 8/4 - 8/14 : 6:30-7pm : \$55
 421501-HC : Advanced : M - Th : 8/4 - 8/14 : 7-7:30pm : \$55

August 26 starts the Fall Schedule. During the school year, H2O-Go! offers an 8-week program where you can sign up for once, twice, or three times a week. (Tue/Fri/Sun)

Lakeside Aquatics Club

Really **LOVE** swimming and want to rock the competitive lanes? Are you able to swim 25 yards comfortably and confidently on both your stomach and back?

Come try out for one of the top USA Swim Teams in the state. LAC offers swimming programs for athletes ages 5-18 in all skill levels.

Practices are 3-5 times a week in the mornings during the summer. Fall/winter/spring practice is held the evenings.

**Fun &
Fast Paced !**

Swimming is a Lifelong Sport

