

Clareholm Aquatic Centre Winter Swimming Lessons

Tuesday & Thursday Lessons

\$30/session

Jan 5-28 (Registration Closes Dec 29)

Feb 2-Feb 25 (Registration Closes Jan 27)

Mar 2-25 (Registration Closes Feb 24)

Mar 30-Apr 29 – no lesson Apr 6 & 8
(Registration Closes Mar 24)

Preschool 1 & 2 4-4:30

Preschool 3 & 4 4:30-5

Rookie/Ranger/Star 5-6pm

Swimmer 1 & 2 4-4:30

Swimmer 3 & 4 4:30-5

Swimmer 5 & 6 5-5:45

Junior Lifesaving Club (JLC)

Monday & Wednesday 4-5pm Jan 4-Apr 28

(No Practice Feb 15 & 17)

\$60 season or \$5 drop in

Must be able to do a forward roll, tread water 1 min and swim 2 lengths without stopping

Adult Lessons(18+) \$50

Monday & Wednesday 7-8pm

Beginner Lessons: I cannot swim a length. I am scared of the water. I want to learn to float. **January 4 - 28, 2010**

Intermediate Lessons: I can swim 1 length, but it is not pretty. I want to become a more proficient swimmer. **February 1 – 24, 2010** (no lesson Feb 15)

Advanced Lessons I want to improve my stroke and learn to set up a workout. (Tri-athletes) **(Set 1) March 1-24, (Set 2) March 29-April 28 (no lesson Apr 7)**

Maximum 6 participants in Beginner and Intermediate classes