Winter/Spring 2018 im & Dive School

Save \$15 with the Early Fish (EF) Price!

Price increases: January 19 for 100-Level Classes March 14 for 200-Level Classes **April 6 for 300-Level Classes**

Parent & Tot (30 minute class)

Comfort and independence in the water, basic safety skills, floating, paddle on front and back, bubbles and lots of fun. A parent must accompany each child in the water.

CLASS ID	DAYS	DATES	TIME	EF PRICE		
#100	Sa	1/27-3/17	9:00-9:30a	\$55		
#300	Sa	4/14-5/19	9:00-9:30a	\$55		
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Preschool (30 minute class)

Focus on water adjustment for children who are comfortable away from a parent and able to follow instructions. We will work on water entry, fully submerging in the water, blowing bubbles, and water Level 3 (45 minute class) safety.

CLASS ID	DAYS	DATES	TIME	EF PRICE
#101	Sa	1/27-3/17	9:30-10:00a	\$55
#102	M	1/29-3/12	5:00-5:30p	\$55
#301	Sa	4/14-5/19	9:30-10:00a	\$55
#302	М	4/16-5/21	5:00-5:30p	\$55

Level 1 (30 minute class)

Floating, independence while paddling and kicking, water safety, and breath control. For children who are comfortable fully submerging in the water but still need to work on basic swim skills.

CLASS ID	DAYS	DATES	TIME	EF PRICE
#110	Sa	1/27-3/17	10:00-10:30a	\$55
#111	М	1/29-3/12	5:30-6:00p	\$55
#310	Sa	4/14-5/19	10:00-10:30a	\$55
#311	М	4/16-5/21	5:30-6:00p	\$55

Level 2 (30 minute class)

Independent water entry (climbing and jumping into all water depths), submerge and retrieve objects from shallow end, front and back crawl without assistance, front and back float without assistance. For children who have passed Level 1.

CLASS ID	DAYS	DATES	TIME	EF PRICE
#120	Sa	1/27-3/17	10:30-11:00a	\$55
#121	M	1/29-3/12	6:00-6:30p	\$55
#320	Sa	4/14-5/19	10:30-11:00a	\$55
#321	M	4/16-5/21	6:00-6:30p	\$55

Jumping and diving into deep water, front and back crawl for 25 **E** yards without assistance, rhythmical breathing, treading water for 1 minute, sidestroke, breaststroke and butterfly kick and personal safety. For children who have passed Level 2.

CLASS ID	DAYS	DATES	TIME	EF PRICE
#130	Sa	1/27-3/17	11:00-11:45a	\$65
#330	Sa	4/14-5/19	11:00-11:45a	\$65
#331	Th	4/19-5/24	5:15-6:00p	\$65

Level 4 & 5 (45 minute class)

Diving, front and back crawl, breaststroke, elementary backstroke, butterfly, treading water for two minutes, water safety, open and flip turns. For children who have passed Level 3.

CLASS ID	DAYS	DATES	TIME	EF PRICE
#140	Sa	1/27-3/17	11:45-12:30p	\$65
#340	Sa	4/14-5/19	11:45-12:30p	\$65
#341	Th	4/19-5/24	6:00-6:45p	\$65

Spring Break Lessons

March 23-29

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	ID	Level	Mar 23, 26-29	&	Sat Mar 24	EF Price
	#201	Preschool	4:15-4:45p		9:30-10:00a	\$55
	#210	Level 1	4:45-5:15p		10:00-10:30a	\$55
	#220	Level 2	5:15-5:45p		10:30-11:00a	\$55
	#230	Level 3	5:45-6:30p		11:00-11:45a	\$65

Diving Lessons (1 Hour class)

Diving lessons are great for beginners interested in learning more about the sport or more advanced divers looking to become more competitive. Divers will learn hurdles, front dives, back dives, twists, and flips. Divers must be comfortable in deep water, able to swim back to the side of the pool safely and independently and willing to learn to enter the water head-first.

CLASS ID	DAYS	DATES	TIME	EF PRICE
#160	Sa	1/27-3/17	10:00-11:00a	\$55
#360	Sa	4/14-5/19	10:00-11:00a	\$55

- All classes must have a minimum of 3 participants.
- If minimum is not met, class is subject to cancellation.
 - Watch for additional classes to be added online!
 - No class: 2/17, 2/19, 2/24



Whitmore Lake **Community Recreation**

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Private Swim Lessons Available. Contact Chas.Sloan@wlps.net