

# Brea Glenbrook Club

## Swim Lessons:

Ages 1 and older. Learn the fundamentals of water mobility, buoyancy, and enjoyment.

Member	\$75	Minimum in Class	1 Student
Non-Member	\$85	Maximum in Class	6 Students

### Session I

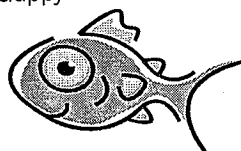
June 19 – June 30

#### DAY

10:00–10:30	Guppy
10:30–11:00	Polliwog; Guppy
11:00–11:30	Polliwog; Guppy
11:30–12:00	Tadpole

#### NIGHT

7:00–7:30	Polliwog; Guppy
7:30–8:00	Polliwog; Goldfish



### Session II

July 3 – July 14, NO class July 4th ;

#### DAY NO night class July 6th and 13th

10:00–10:30	Goldfish
10:30–11:00	Polliwog; Guppy
11:00–11:30	Polliwog; Guppy
11:30–12:00	Tadpole

#### NIGHT

7:00–7:30	Polliwog; Guppy
7:30–8:00	Guppy; Dolphin

We give Glenbrook residents first priority to fill the swim classes. Glenbrook residents will be allowed to sign up through June 5th and be guaranteed registration. After June 5th, out of tract people will be taken from the waiting list and placed in open registration spots.

### Session III

July 17– July 28, NO night class July 13th

#### DAY

10:00–10:30	Goldfish
10:30–11:00	Polliwog; Guppy
11:00–11:30	Polliwog; Guppy
11:30–12:00	Tadpole

#### NIGHT

7:00–7:30	Polliwog; Goldfish
7:30–8:00	Guppy; Dolphin

### Session IV

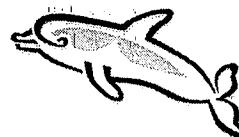
July 31 – August 11

#### DAY

10:00–10:30	Dolphin
10:30–11:00	Polliwog; Guppy
11:00–11:30	Polliwog; Guppy
11:30–12:00	Tadpole

#### NIGHT

7:00–7:30	Polliwog; Goldfish
7:30–8:00	Guppy; Dolphin



## Class Descriptions

Please read the descriptions of the classes for this year's swim lessons.

**Tadpole:** A water familiarization class. Children work on interacting with the instructor, blowing bubbles, assisted floating, and assisted kicking.

**Polliwog:** Children will continue to work on floating and kicking skills. Introduction of arm strokes of freestyle and backstroke. Introduction to side breathing.

**Guppy:** Continue working on freestyle and backstroke. Perfecting side breathing timing. Introduction to breaststroke, diving, and treading water.

**Goldfish:** Child must be able to swim 25 yards freestyle with side breathing and 25 yards backstroke. Perfecting breaststroke, diving, and treading water. Introduction to flip turns and butterfly stroke.

**Dolphin:** An endurance swimming class. Improving rhythm and timing with all strokes. Perfecting flip turns. Diving off the board. Introduction to competitive swim skills.

**Registration Policy:** To enroll in a swim session, payment must be made in full at time of registration. Swim meets are scheduled during the swim session period. If you sign up for a session that includes a swim meet, you will not have lessons on that day and it will be deducted from the total cost upfront.

**\*\* Note: Non-members may ONLY be in the pool during class, NOT before or after\*\***