

Aqua Aerobics

Through August 13th, classes are held Mondays and Wednesdays from 8-9PM.

Member	\$30
Non-Member	\$40



Lap Swim

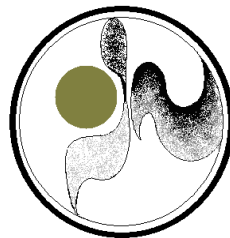
Lap Swim Availability :

- Monday - Friday 11:30 -12 pm
- During Aqua Aerobics Classes

Brea Glenbrook Club

1821 E. Greenbriar Lane

Brea, California 92821-5922



Brea Glenbrook Club



2010 Aquatics Program

714 529 8002

Brea Glenbrook Club

Swim Lessons

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

Member	\$45	Minimum	3 Students
Non-Member	\$60	Maximum	6 Students

Session I

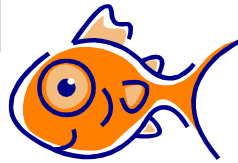
June 21–July 2nd

DAY

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

NIGHT

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



Session II

July 5–July 16

DAY

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

NIGHT

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

We give Glenbrook residents 1st priority to fill the swim classes. Glenbrook residents will be allowed to sign up through June 16th and be guaranteed registration. After June 16th, out of tract people will be taken from the waiting list and placed in open registration spots.

Session III

July 19–July 30

DAY

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

NIGHT

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

Session IV

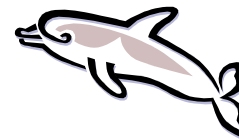
August 2–August 13

DAY

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

NIGHT

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



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. Ages 1–3 years.

Polliwog: A water familiarization class. Children work on floating, breathing, and kicking skills that will help with basic strokes in later classes. Ages 4–5 years.

Guppy: Continue working on kicking, breathing, and floating. The introduction of arm strokes of freestyle and back kick. Introduction on diving. Ages 4–7 years.

Goldfish: Introduction of side breathing for the freestyle and backstroke. Heavy emphasis on perfection of freestyle. Work on race diving. Child must be able to swim 7 yards of freestyle. Ages 5–10 years.

Dolphin: Elementary backstroke is introduced. Backstroke is perfected and freestyle. Child must be able to swim 25 yards with side breathing. Ages 6–12 years.

Registration Policy: To enroll in a swim session, payment must be made in full at registration. Swim meets are scheduled during the swim session period so 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****