

Brea Glenbrook Club

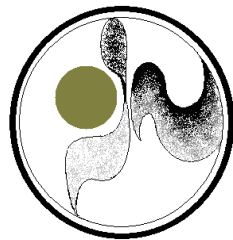
Aqua Aerobics

For the month of May class will be on Mondays and Fridays at 4:30pm starting May 2nd. The days and time will be updated as we begin the summer season.

Member	\$30
Non-Member	\$40



Brea Glenbrook Club
1821 E. Greenbriar Lane
Brea, California 92821-5922



2023 Aquatics Program

714 529 8002

Brea Glenbrook Club

Swim Lessons:

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

Member	\$90	Minimum in Class	1 Student
Non-Member	\$120	Maximum in Class	6 Students

Session I

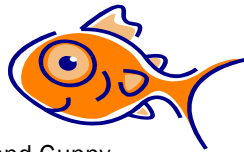
June 12 – June 23

DAY

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

NIGHT

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



Session II

June 26 – July 7, NO class July 4th

DAY

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

NIGHT

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

We give Glenbrook residents first priority to fill the swim classes. Glenbrook residents will be allowed to sign up through **May 31st** and be guaranteed registration. After **May 31st**, out of tract people will be taken from the waiting list and placed in open registration spots.

Session III

July 10– July 21

DAY

10:00–10:30	Goldfish
10:30–11:00	Polliwog and Guppy
11:00–11:30	Guppy and Transitional Guppy
11:30–12:00	Tadpole

NIGHT

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

Session IV

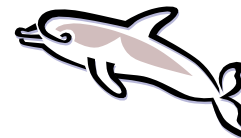
July 24 – August 4

DAY

10:00–10:30	Dolphin
10:30–11:00	Polliwog and Guppy
11:00–11:30	Polliwog and Transitional Goldfish
11:30–12:00	Tadpole

NIGHT

7:00–7:30	Polliwog and Goldfish
7:30–8:00	Dolphin and Transitional Goldfish



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 (length of pool) 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****