

# Brea Glenbrook Club

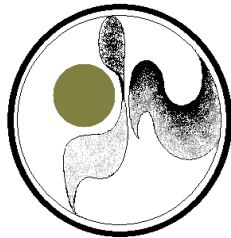
## Aqua Aerobics

Aqua Aerobics class will held be on Tuesdays and Thursdays at 4:30pm starting May 7th.

Member	\$30
Non-Member	\$40



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



## 2024 Aquatics Program

714 529 8002

# Brea Glenbrook Club

## Swim Lessons:

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

Member	\$100	Minimum in Class	1 Student
Non-Member	\$130	Maximum in Class	6 Students

### Session I

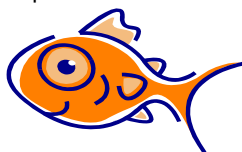
June 10 – June 21

#### DAY

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

#### NIGHT

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



### Session II

June 24 – July 5, NO class July 4th

#### DAY

10:00–10:30	Goldfish
10:30–11:00	Polliwog; Guppy
11:00–11:30	Polliwog; Tadpole
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 **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 8– July 19

#### DAY

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

#### NIGHT

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

### Session IV

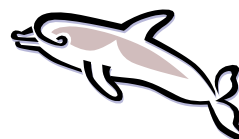
July 22 – August 2

#### DAY

10:00–10:30	Dolphin
10:30–11:00	Polliwog; Guppy
11:00–11:30	Polliwog; Goldfish
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 (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\*\***