

2010 DAILY SWIM LESSON SCHEDULE

Each two-week Session meets
Monday through Friday

Cost::

\$40 per session per member

\$60 per session per non-member

Daily Schedule - American Red Cross Learn to Swim Program

Parent / Tot	10:00 - 10:30
Level 1	10:30 - 11:00 11:00 - 11:30 11:30 - 12:00
Level 2	10:30 - 11:00 11:00 - 11:30 11:30 - 12:00
Level 3	10:00 - 10:30 11:00 - 11:30 11:30 - 12:00
Level 4	9:15 - 10:00
Level 5	9:15 - 10:00
Level 6	9:15 - 10:00

Private Lessons need to be scheduled
with the swim instructors.

Inclement weather may cause
classes to be canceled without notice.
Please call the club if you are unsure.

Dressing Rooms Rules:

1) Showers are for cleansing, not
for warming up, please be water
conscious.

2) Dressing rooms are for showering
and changing only. No rough play or
running.

3) Please respect the property of
others.

4) Soap is provided for cleansing,
not for misuse.

5) We are not responsible for lost or
stolen personal items. Please do
not leave your valuables unattended
in the shower rooms.

During Swim Classes

There will not be swimmers in the
pool other than those who are in the
class so as to insure the safety of
those involved. Spectators must
remain on the upper deck or in the
viewing lounge during the lessons.



**SALEM TENNIS
& SWIM CLUB**

2010 SWIM LESSON SCHEDULE

Session 1	June 21 - July 2
Session 2	July 5 - July 16
Session 3	July 19 - 30
Session 4	August 2 - August 13
Session 5	August 16 - August 27

PO Box 3284
4318 Lone Oak Rd SE
Salem, OR 97302
Pool Phone: 503-581-1270
Office Phone: 503-363-2424
Fax: 503-363-2424

DESCRIPTION OF CLASSES:

Safety Lessons

It is required by Red Cross to incorporate safety lessons into every swim lesson. These lessons are appropriate to the level and maturity of the swimmers.

Parent/Tot

Tots are just getting aquatinted with the water. We work on water orientation; getting head and face wet and holding on to the wall. We work on breath control (blowing bubbles, bobs), back and front floating with assistance, introduction to crawl arms and kicking, and jumping into the water with help. We try to make it fun and enjoyable for the kids.

Red Cross Level 1

Beginners are capable of holding onto and moving along the wall without assistance. They are learning to put their face into the water, blow bubbles, and do 10 bobs. They will be introduced to breathing on the side, back and front float with assistance, pushing off the wall, reach and pull arms, kicking with a kick board, and jumping into the water to the instructor.

Red Cross Level 2

We work on breath control; breathing on the side, holding breath, and 10 bobs without assistance. They will learn how to use the kick board without assistance. They will learn to float and glide on their back and front without assistance, crawl arms with kick and breathing properly, sculling, and jumping into shallow water without assistance. We will work on progressing forward in the water without assistance.

Red Cross Level 3

We work on endurance and distance in this class. We will work on bobbing deep up to 10 times, rhythmic breathing to the side, using kick boards across the width of the pool on their front and back, combined arms and legs on their front and back crawl, floating without assistance, deep water orientation, and knee diving. In order to move into the next class the child needs to swim 1 pool width of crawl stroke with the proper breathing technique.

Red Cross Level 4

This course is held at the deep end of the pool. Swimmers are required to swim the length of the deep end without assistance as well as the width of the pool. There will be a review and refinement of the crawl stroke and backstroke. We will work on survival float, underwater swimming, elementary backstroke, survival stroke, PFD swimming, treading water and changing positions, and diving.

Red Cross Level 5

This course requires swimmers to swim the entire length of the pool multiple times. We will review and refine crawl stroke, back stroke, elementary backstroke. Breast stroke, side stroke and butterfly will be introduced, as well as open, front, and side turns. They will learn to do survival float and stroke and treading water for 1 minute. We will work on standing dives and some basic safety issues.

Red Cross Level 6

We will review and refine backstroke, crawl, breaststroke, side stroke, elementary backstroke, butterfly and all turns. Swimmers will learn the stride jump and a long shallow dive. We will focus on endurance through lap swimming and treading water.

Guard Start:

You must be at least 13 years old and a fairly strong swimmer (swim at least 100 yards without stopping). The primary purpose of this course is to help the participants learn to be safe when they are in, on, or around the water. Lifesaving techniques similar to those used by lifeguards will be introduced. The American Red Cross book, "Guard Start" will be used. A Red Cross card will be issued upon passing the final test. The chapters cover staying safe while having fun, preparing for water activities, water hazards, aquatic recreation, taking action in an emergency and providing care until help arrives. Some junior lifesaving techniques will also be incorporated into the class.

Cost: \$100 per swimmer
Minimum of 4 swimmers per session

Session 1

July 16	5 - 7 PM
July 17	8 - 12 Noon
July 18	8 - 12 Noon

Session 2

August 13	5 - 7 PM
August 14	8 - 12 Noon
August 15	8 - 12 Noon

Private Swim Lessons

Private lessons are available at the following costs:

	Members:	Non Members:
Private 1 hr	\$30	\$36
Private ½ hr	\$18	\$21
Semi-private 1 hr (per person)	\$18	\$20
Semi-private ½ hr (per person)	\$11	\$15

Private lessons need to be scheduled with the swim instructors.