

Group Swim Lesson Information 2018 St. Petersburg Country Club



**St. Petersburg Country Club is thrilled to present
our
NEW Swim lesson program!**

Group swim lessons

- 4-week session, 2 classes per week
- Classes begin Monday, June 4th
- Classes must have at least 3 students signed up to run
- Classes meet M/W or T/Th
- M/W Make-up classes will be held on Fridays (at normal class time)
- T/TH Make-up classes will be held on Saturdays (at normal class time)
- NO Classes the week of 4th of July
- NO Class on Labor Day (9/3)
- NO Classes on Wed and Thurs of Thanksgiving Week (11/21-11/22)

2018 Swim Lesson Sessions

Session 1 - June 4 - June 28

NO Classes Week of July 4th

Session 2 - July 9 - August 2

Session 3 - August 6 - August 30

*** (Session times will change to evenings
for school-aged classes) ***

Session 4 - September 4 - September 27

*** (No Class on Labor Day) ***

Session 5 - October 1 - October 25

Session 6 - October 29 - November 20

*** (No Classes on final wednesday or
Thanksgiving Day) ***

Session 7 - November 26 - December 20

MINNOWS \$35 _____ Parent-Child levels 1 &
2

GUPPIES \$45 _____ Preschool levels 1, 2, 3

STAR FISH \$35 _____ Youth levels 1, 2,
3

DOLPHINS \$35 _____ Youth levels 4, 5,
6

TEEN/ADULT SWIM \$25 _____ Basic or Stroke levels (ages
13+)

Classes include:

- Exercises to help students adjust to being in water
- Instruction in "Jump, Push, Turn, Grab" and other skill sets kids can use if they unexpectedly find themselves in the water
- Specific safety topics, like what to do if you see someone in the water who needs help

- Fun activities that reinforce skills
- Progress Reports at end of session
- Certificate of Completion at completion of level

*See reverse for more information on classes

- **MINNOWS Parent-Child lessons**
(6-36 months) - \$35.00



- o Instructor/Parent-Child
Pairs Ratio - 1:12
- o Minnow Level 1
-Familiarizing students with the water and teaching swimming readiness skills. Safety information for parents and teaching techniques parents can use to orient their children to the water.
- o Minnow Level 2 -Improving skills learned in Level 1 and teaching more advanced skills. Parents work with their children to explore body positions, floating, blowing bubbles and fundamental safety and swimming skills.

- **STARFISH Youth levels 1,2,3**
(ages 6-12) - \$35.00



- o Instructor/Student
Ratio - 1:6
- o Starfish Level 1 –
Orients students to the aquatic environment, help them gain basic aquatic skills; develop positive attitudes and safe practices around water.
- o Starfish Level 2 – Builds on skills from level 1 and introduces some new skills
- o Starfish Level 3 – Building on skills from level 1 and 2, students achieve basic water competency in a pool environment.

- **GUPPIES Preschool level 1,2,3**
(ages 3-5yrs) - \$45.00



- o Instructor/Student
Ratio - 1:5
- o Guppy Level 1 – Students develop comfort with aquatic environment and exploration and learn basic aquatic skills, including developing positive attitudes and safe practices in and around the water.
- o Guppy Level 2 – Building on and improving the skills sets learned in Guppies 1, and increasing on knowledge of water safety.
- o Guppy Level 3 – Reinforcing skills and developing proficiency on the basic skills and water safety concepts learned in Guppies 1&2.

- **DOLPHINS Youth levels 4,5 6**
(ages 6-12) - \$35.00



- o Stroke

Development/Pre-Swim Team
- o Instructor/Student Ratio - 1:8
- o Dolphins Level 4 - Improve students' proficiency in performing the swimming strokes which were introduced in Level 3
- o Dolphins Level 5 - Help students refine their performances of all six swimming strokes (Front crawl, back crawl, breaststroke, butterfly, elementary backstroke, and sidestroke)
- o Dolphins Level 6 – Refine strokes so students swim them with greater efficiency and effectiveness over longer distances. Teaching

students how to prevent aquatic emergencies in various aquatic

environments and to intro and practice self-rescue techniques.