Learning how to swim is a challenging task at any age, but the rewards are well worth it. You’ll develop essential lifelong skills, building confidence in the water while establishing a healthier lifestyle. Swimming is also a low-impact workout which is perfect for those who are recovering from injuries. Allow us to help you discover the joys of swimming!

**Fitness Classes**
Looking for an aquatic workout? Try one of our water-based exercise classes.

**Group Swim Lessons**
In these classes, you will learn and develop all strokes including freestyle, backstroke, and breast stroke. All levels welcome.

**Lifeguard Certification Course**
Through the American Red Cross you will learn water rescue, First Aid, CPR and other skills needed to work as a professional lifeguard.

**Total Immersion**
This nationally recognized program utilizes cutting edge techniques to help you achieve your goals at any skill level.

**Triathlon Swim Training**
Whether you’re a triathlete entering a sprint or full Ironman, or an active swimmer who uses swimming to complement your workout program, this class is for you.

---

**AQUATIC CENTER**
425.861.6274
aquaticsinfo@proclub.com
proclub.com
**ENTRY REQUIREMENTS**

Must be able to perform skills listed prior to entering the program level.

**Adult Group Swim**

**INTRODUCTION**
Fearful of water? Fear no more. Learn the basics of how to balance, float, and become comfortable in the water. There's no pressure to learn how to swim.

**Adult 1 / Women 1**

BEGINNER
For those who are comfortable in water but haven't had any formal lessons. Independent swimming is not required. Learn basic movements in the water including gliding, breathing techniques, basic freestyle, and backstroke.

**Adult 2 / Women 2**

EXPERIENCED BEGINNER
For those who are comfortable in water up to 9 feet deep. Class will focus on improving efficiency and endurance in freestyle and backstroke.

**Adult 3 / Women 3**

ADVANCED
Work on the finer points of freestyle and backstroke. Also learn basic techniques for breaststroke, elementary backstroke, treading water, and butterfly. Must be able to swim 25 yards continuously with side breathing.

**Triathlon Group Swim**

**INTRODUCTION**
0 to 0.5 mile (750 meters) - Work on the essential swim techniques, skills, safety and knowledge needed to participate as a beginner in the swim portion of a triathlon. Prerequisite: Adult Group Swim level 1 or being comfortable moving across the teaching pool. Class location will vary among pools.

**Women Only**
Males may be in or around the pool during class, but the teacher and participants will be all female.

---

**REGISTRATION TIMELINE**

Open Enrollment begins at 7 a.m. | Online Registration begins at 5 a.m. (members only)

---

**ONLINE REGISTRATION | proclub.com | MEMBERS ONLY | BEGINS 5 A.M. DAY OF OPEN ENROLLMENT**

Prices do not include sales tax. No refunds after session has started. Please note we are not able to offer make-up classes for missed lessons. Instructors subject to change without notice. Class minimum of attendees required. If minimum is not met, class will be cancelled.
## AQUATICS

<table>
<thead>
<tr>
<th>TIME</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00</td>
<td>6:00-7:00 a.m. Triathlon Swim Carol M. Multi-Purpose Pool Enrollment Class</td>
<td>6:00-7:00 a.m. Triathlon Swim Carol M. Multi-Purpose Pool Enrollment Class</td>
<td>6:00-7:00 a.m. Triathlon Swim Carol M. Multi-Purpose Pool Enrollment Class</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:15</td>
<td>8:15-9:10 a.m. Hydro Fitness Kimberly B. Recreational Pool Free Drop-In</td>
<td>8:15-9:10 a.m. Hydro Fitness Kimberly B. Recreational Pool Free Drop-In</td>
<td></td>
<td></td>
<td></td>
<td>9:00-9:55 a.m. H2O Cardio Brittany R. Multi-Purpose Pool Free Drop-In</td>
</tr>
<tr>
<td>9:00</td>
<td>9:30-10:25 a.m. Aqua Conditioning Meryl R. Multi-Purpose Pool Package Class</td>
<td>9:30-10:30 a.m. Aqua Conditioning Meryl R. Multi-Purpose Pool Package Class</td>
<td>9:30-10:25 a.m. Aqua Conditioning Meryl R. Multi-Purpose Pool Package Class</td>
<td>9:30-10:30 a.m. Aqua Conditioning Nathan S. Multi-Purpose Pool Package Class</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:30</td>
<td></td>
<td>9:30-10:30 a.m. Aqua Conditioning Meryl R. Multi-Purpose Pool Package Class</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### MONTHLY ENROLLMENT

**TRIATHLON SWIM TRAINING (INTERMEDIATE)**

Improve your performance with guidance on technique, drills, strength, speed, and endurance. Whether you’re a triathlete entering a sprint or full Ironman, or an active swimmer who uses swimming to complement your workout program, this class is for you. Member online registration available.

<table>
<thead>
<tr>
<th>Dates</th>
<th>No Class</th>
<th>Member</th>
<th>Triathlete</th>
<th>Non-Member</th>
<th>8am Code</th>
<th>9:30am Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 2-30</td>
<td>$63</td>
<td>$54</td>
<td>$90</td>
<td></td>
<td>16514</td>
<td>16515</td>
</tr>
<tr>
<td>Feb. 4-27</td>
<td>$56</td>
<td>$48</td>
<td>$80</td>
<td></td>
<td>16516</td>
<td>16517</td>
</tr>
<tr>
<td>Mar. 3-31</td>
<td>$63</td>
<td>$54</td>
<td>$90</td>
<td></td>
<td>16518</td>
<td>16519</td>
</tr>
<tr>
<td>April 2-30</td>
<td>$63</td>
<td>$54</td>
<td>$90</td>
<td></td>
<td>16520</td>
<td>16521</td>
</tr>
<tr>
<td>May 5-28</td>
<td>$56</td>
<td>$48</td>
<td>$80</td>
<td></td>
<td>16522</td>
<td>16523</td>
</tr>
<tr>
<td>June 2-30</td>
<td>$63</td>
<td>$54</td>
<td>$90</td>
<td></td>
<td>16524</td>
<td>16525</td>
</tr>
<tr>
<td>July 2-30</td>
<td>$63</td>
<td>$54</td>
<td>$90</td>
<td></td>
<td>16526</td>
<td>16527</td>
</tr>
<tr>
<td>Aug. 4-27</td>
<td>$56</td>
<td>$48</td>
<td>$80</td>
<td></td>
<td>16528</td>
<td>16529</td>
</tr>
<tr>
<td>Sept. 8-29</td>
<td>$49</td>
<td>$42</td>
<td>$70</td>
<td></td>
<td>16530</td>
<td>16531</td>
</tr>
<tr>
<td>Oct. 1-29</td>
<td>$63</td>
<td>$54</td>
<td>$90</td>
<td></td>
<td>16532</td>
<td>16533</td>
</tr>
<tr>
<td>Nov. 3-24</td>
<td>$49</td>
<td>$42</td>
<td>$70</td>
<td></td>
<td>16534</td>
<td>16535</td>
</tr>
<tr>
<td>Dec. 1-29</td>
<td>$56</td>
<td>$48</td>
<td>$80</td>
<td></td>
<td>16536</td>
<td>16537</td>
</tr>
</tbody>
</table>

### FITNESS CLASSES

**AQUA CONDITIONING**

PUNCH CARD CLASS | 1 CLASS=$8 | 10-CLASS PACK=$50
Get a vigorous and fun workout in both shallow and deep ends of the pool. Whether beginner or advanced, work at your own level.

*No classes: Wednesday, January 1; Monday, May 25; Monday, August 31; Wednesday, September 2; Friday, September 4; Monday, September 7; Friday, December 25.*

**H2O CARDIO**

FREE
Held in deep water, this class focuses on movements which challenge your balance and core strength. This wake-up workout will leave you revitalized for the weekend! *No class: Saturday, July 4; Saturday, September 5.*

**HYDRO FITNESS**

FREE
This energizing workout has a variety of long and short lever movements combined with buoyant, resistive equipment enhances cardio, muscular strength, and endurance. All levels are welcome in this fun and energetic class. *No classes: Tuesday, September 1; Thursday, September 3; Thursday, November 26; Thursday, December 24; Thursday, December 31.*

---

**Prices do not include sales tax. Instructors subject to change without notice. Minimum number of participants required. No refunds after session has started. Updated: 12/5/2019**
**LIFEGUARD CERTIFICATION COURSE (AGES 15+)**
Through the American Red Cross you will learn water rescue, First Aid, CPR and other skills needed to work as a professional lifeguard. Upon successful completion, participants will receive a 2-year certification. Registration deadline is one-week prior to the course start date. Not available for online registration. - Multi-Purpose Pool

- Dec. 28-30 | Sat/Sun/Mon | 10 a.m.-4 p.m. | $190 M/NM | #509137
- Feb. 15-17 | Sat/Sun/Mon | 10 a.m.-4 p.m. | $225/M, $245/NM | #509138
- March 13-15 | Fri, 6-10 p.m. | Sat/Sun, 9 a.m.-4 p.m. | $225/M, $245/NM | #509139
- May 23-25 | Sat/Sun/Mon | 10 a.m.-4 p.m. | $225/M, $245/NM | #509140
- June 19-21 | Fri, 6-10 p.m. | Sat/Sun, 9 a.m.-4 p.m. | $225/M, $245/NM | #509141
- Aug. 29-31 | Sat/Sun/Mon | 10 a.m.-4 p.m. | $225/M, $245/NM | #509142
- Sept. 25-27 | Fri, 6-10 p.m. | Sat/Sun, 9 a.m.-4 p.m. | $225/M, $245/NM | #509143
- Nov. 27-29 | Fri/Sat/Sun | 10 a.m.-4 p.m. | $225/M, $245/NM | #509144
- Dec. 28-30 | Mon/Tue/Wed | 10 a.m.-4 p.m. | $225/M, $245/NM | #509145

**TOTAL IMMERSION WORKSHOPS (AGES 18+)**
PRO Club is the host facility for Total Immersion Workshops. Learn the drills that lead to “fish-like swimming.” Focused on the Total Immersion Kaizen way of teaching freestyle. For more information, please contact Marc Lauinger at mlauinger@proclub.com. Available for online registration for members only. - Decathlon Room & Multi-Purpose Pool | $197.50 Member | $247.50 Non-Member

- **EFFORTLESS ENDURANCE SWIM WORKSHOP**
  We’ll introduce balance, core alignment, core rotation and breathing. Each skill builds on the previous one allowing you to notice improvements in each step. By the end of the day, you’ll experience a notable difference in your stroke.
  - Saturday | 9 a.m.-4:30 p.m. | February 8 | # 807165

- **SMART SPEED SWIM WORKSHOP**
  We’ll assess your stroke to find opportunities for efficiency and speed. This includes a focus on propulsion and the use of a Tempo Trainer to develop an understanding of metrics and stroke length. Leave the workshop knowing how to improve your speed and endurance.
  - Sunday | 7 a.m.-1:30 p.m. | February 9 | # 2048107

**TOTAL IMMERSION PRIVATE LESSONS**
Member: $120 per hour | Non-Member: $150 per hour

**PRIVATE SWIM LESSONS**
Offered for both children and adults. Lessons may be scheduled at any time, based on instructor availability. Whether you have a preference for a specific instructor or need help finding one, we’re happy to assist you. To schedule a lesson, please contact (425) 861-6274, aquaticsinfo@proclub.com.

<table>
<thead>
<tr>
<th></th>
<th>30-Minutes</th>
<th>45-Minutes</th>
<th>60-Minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Student</td>
<td>$42.50-$60</td>
<td>$63.75-$90</td>
<td>$85-$120</td>
</tr>
<tr>
<td>2 Students (cost per student)</td>
<td>$27-$34</td>
<td>$40.50-$51.50</td>
<td>$54-$68</td>
</tr>
</tbody>
</table>

Prices do not include sales tax. Cancellations received less than 24 hours in advance are charged the full rate. Rates based on instructor’s experience. Also available for 3-4 students. Please contact the Aquatic Center Concierge for instructor availability, rates, and for availability in the Multi-Purpose Pool.

**Adult Happy Hour**
Private swim packages are available from Monday through Friday, 12:00-3:00 p.m. Book four 30-minute lessons for $150. Members only.

Updated: 12/5/2019