

PRO Sports Club's Aquatic Center teaches more kids how to swim than anywhere else in the state. Our exclusive program combines the best of several nationally-recognized, cutting edge techniques to develop more efficient swimmers while instilling confidence. Our instructors are experts with individuals of all ages and abilities and they specialize in providing an enjoyable and comfortable experience.



### REGISTRATION TIMELINE

*Non-members only allowed to register for classes that are held Monday-Friday before 3:30 p.m.*

#### REGISTRATION TIMELINE (7 A.M.)

- **Pre-Enrollment:** Apr. 17-23  
*Sign-up for the same level, day, and time in which the student is currently enrolled.*
- **Change Over:** Apr. 24  
*Currently enrolled students may switch to another class.*
- **Open Enrollment:**  
Apr. 25 (Members Only)  
Apr. 26 (Non-Member)  
*All new or returning students may sign-up. Online registration begins at 5 a.m.*

#### ONLINE REGISTRATION (5 A.M.)

Begins at 5 a.m. on Apr. 25. Members only. Logon to [proclub.com](http://proclub.com) with your username. Select My PRO Club > Program Registration.

*No refunds after session has started. Prices do not include sales tax. We are not able to offer make-up classes for missed group lessons. Instructors subject to change without notice. Minimum of 2 enrollees. If minimum is not met, class will be cancelled.*

## ENTRY REQUIREMENTS

**Tiny Bubbles/Preschool (3-5 Years) | Youth/Breaststroke/Pre-Competition (6-12 years) | Teen (12-15 years)**

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

**TINY BUBBLES:** Suited for children new to the water, fearful of water, or those who are transitioning to swimming independently (without parental assistance).

**PRESCHOOL 1, YOUTH 1:** Beginner level, no experience required.

**PRESCHOOL 2, YOUTH 2:** Submerge head in a rhythmic pattern 5 times. Front float, face-down and back float independently. Independent swim on front, face-down (20 feet).

**PRESCHOOL 3, YOUTH 3:** Front, face-down glide and back glide. Front crawl stroke with rhythmic breathing by rolling onto back (15 yards). Independent swim on back with flutter kick and horizontal body position. Backstroke (15 yards). Elementary backstroke (10 yards).

**PRESCHOOL 4, YOUTH 4:** Crawl stroke with side breathing (15 yards). Independent swimming on back with flutter kick and horizontal body position. Elementary backstroke (15 yards). Introduction to breast stroke with proper kick, arms, breathing and timing (15 yards). Comfortable swimming in water up to 9-feet deep.

**PRESCHOOL 5, YOUTH 5:** Crawl stroke with side breathing, backstroke and elementary backstroke (25 yards). Breaststroke with proper arm movements and kick (25 yards).

**YOUTH 6:** Crawl stroke with alternate side breathing and backstroke (50 yards). Breaststroke with proper technique combining proper arm movement, kick and breathing (50 yards). Butterfly with proper dolphin kick (25 yards). Dive in kneeling and standing position. Tread water for 1-minute. Swim underwater (5 yards).

**PRE-COMPETITION:** Must successfully complete Youth 5 or pass tryouts. Crawl stroke with alternate side breathing and backstroke (100 yards). Breaststroke with proper technique and timing (100 yards). Butterfly with proper technique combining arm movement, kick and breathing (25 yards). Dive from starting blocks.

**PRE-COMPETITION PLUS:** Must successfully complete Pre-Competition or pass tryouts. Crawl stroke with alternate side breathing and backstroke with flip turns (150 yards). Breaststroke with proper technique and

timing (150 yards). Butterfly with proper technique combining arm movement, kick, and breathing (50 yards). Dive from starting blocks.

**BREASTSTROKE:** Focus on improving your breaststroke technique. Perfect complement to regular group lessons.

**TEEN 1:** For teens 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. Introduction to breaststroke and butterfly skills.

**TEEN 2:** For those who have completed Teen 1 (or a comparable level) and are comfortable in water up to nine feet deep. Class will focus on improving efficiency and endurance in all four strokes (similar to a Youth 4/Youth 5 class).

**TEEN 3:** Work on the finer points of all four strokes and practice treading water, diving, flip turns, and get a workout. Must be able to swim comfortably in deep water.



Tiny Bubbles/Preschool (3-5 Years) | Youth/Breaststroke/Pre-Competition (6-12 years) | Teen (12-15 years)

## SESSION 3: APRIL 29-JUNE 16 NO LESSONS MAY 25-27

**MONDAY** | April 29 - June 10 | no class 5/27 | 6 days  
\$93 Member, \$112 Child of Member

<i>Afternoon/Evening (3:30 p.m. and later)</i>			
<b>Pre 1</b>	4:30-5 p.m.	Jaylen B.	1314592
	5-5:30 p.m.	Bella M.	1314593
	5:30-6 p.m.	Carson W.	1314594
	6-6:30 p.m.	Evan U.	1314595
	6:30-7 p.m.	Gigi B.	1314596
<b>Pre 2</b>	4:30-5 p.m.	Carson W.	1324310
	5-5:30 p.m.	Carson W.	1324311
	5:30-6 p.m.	Micah K.	1324312
	6:30-7 p.m.	Evan U.	1324313
<b>Pre 3</b>	7-7:30 p.m.	Micah K.	1324314
	5-5:30 p.m.	Micah K.	1332808
<b>Youth 1</b>	6:30-7 p.m.	Jaylen B.	1332809
	6-6:30 p.m.	Micah K.	135878
<b>Youth 2</b>	5:30-6 p.m.	Katia L.	1361788
	7-7:30 p.m.	Bella M.	1361789
<b>Youth 3</b>	4:30-5 p.m.	Micah K.	1373295
	5:30-6 p.m.	Jaylen B.	1373296
	6-6:30 p.m.	Carson W.	1373297
<b>Youth 4</b>	3:30-4 p.m.	Kelsey B.	1382145
	6-6:30 p.m.	Bella M.	1382146
	6:30-7 p.m.	Bella M.	1382147
<b>Youth 5</b>	5:30-6 p.m.	Bella M.	1391460
	7-7:30 p.m.	Gigi B.	1391461
<b>Youth 6</b>	4-4:30 p.m.	Carson W.	2113116
<b>Pre-Comp</b>	7:30-8 p.m.	Gigi B.	1401264
<b>Pre-Comp Plus</b>	8-8:30 p.m.	Jaylen B.	1401265
<b>Breaststroke</b>	8-8:30 p.m.	Gigi B.	903331
	6-6:30 p.m.	Jaylen B.	1975134

**TUESDAY** | April 30 - June 11 | 7 days  
\$109 Member, \$130 Child of Member, \$152 Non-Member

<i>Daytime (up till 3:30 p.m.)</i>			
<b>Pre 1</b>	11:30 a.m.-12 p.m.	Eric P.	1314597
	12-12:30 p.m.	Eric P.	1314598
	2-2:30 p.m.	Kirstin S.	1314599
<b>Pre 2</b>	10:30-11 a.m.	Eric P.	1324315
	12-12:30 p.m.	Kirstin S.	1324316
<b>Pre 3</b>	10-10:30 a.m.	Eric P.	1332810
<i>Afternoon/Evening (3:30 p.m. and later)</i>			
<b>Pre 1</b>	5-5:30 p.m.	Bre B.	1314600
	5:30-6 p.m.	Spencer K.	1314601
	6-6:30 p.m.	Spencer K.	1314602
<b>Pre 2</b>	4:30-5 p.m.	Katia L.	1324317
	5-5:30 p.m.	Katia L.	1324318
	6:30-7 p.m.	Ashlee M.	1324319
<b>Pre 3</b>	5-5:30 p.m.	Evan U.	1332811
	6:30-7 p.m.	Bre B.	1332812
<b>Youth 2</b>	5:30-6 p.m.	Micah K.	1361790
	6-6:30 p.m.	Alexa L.	1361791
	5-5:30 p.m.	Ashlee M.	1373298
	5-5:30 p.m.	Jaylen B.	1373299
	5:30-6 p.m.	Evan U.	1373300
<b>Youth 3</b>	6-6:30 p.m.	Ashlee M.	1373301
	6-6:30 p.m.	Evan U.	1373302
	6:30-7 p.m.	Katia L.	1373303
	7-7:30 p.m.	Jaylen B.	1373304
	3:30-4 p.m.	Jaylen B.	1382148
<b>Youth 4</b>	5-5:30 p.m.	TBA-KR	1382149
	6:30-7 p.m.	Katie B.	1391462
<b>Youth 5</b>	6-6:30 p.m.	Katie B.	1401266
	5:30-6 p.m.	Katie B.	903332
<b>Pre-Comp</b>	7-7:30 p.m.	Katia L.	903333
	6-6:30 p.m.	Katie B.	1401266
<b>Pre-Comp Plus</b>	5:30-6 p.m.	Katie B.	903332
	7-7:30 p.m.	Katia L.	903333

Tiny Bubbles/Preschool (3-5 Years) | Youth/Breaststroke/Pre-Competition (6-12 years) | Teen (12-15 years)

## SESSION 3: APRIL 29-JUNE 16 NO LESSONS MAY 25-27

<b>WEDNESDAY</b>   May 1 - June 12   7 days			
\$109 Member, \$130 Child of Member, \$152 Non-Member			
Daytime (up till 3:30 p.m.)			
<b>Pre 1</b>	10:30-11 a.m.	Kirstin S.	1314603
<b>Pre 3</b>	10-10:30 a.m.	Kirstin S.	1332813
	2:30-3 p.m.	Trent A.	1332814
<b>Youth 2</b>	8-8:30 a.m.	Kelsey B.	1361792
<b>Youth 3</b>	2:30-3 p.m.	April G.	1373305
	3-3:30 p.m.	Trent A.	1373306
<b>Youth 4</b>	1:30-2 p.m.	Jaylen B.	1382150
	2-2:30 p.m.	Jaylen B.	1382151
	2:30-3 p.m.	Gunther N.	1382152
<b>Youth 5</b>	2:30-3 p.m.	Jaylen B.	1391463
<b>Youth 6</b>	1:30-2 p.m.	April G.	2113117
<b>Pre-Comp</b>	2:30-3 p.m.	Talor G.	1401267

Afternoon/Evening (3:30 p.m. and later)			
<b>Pre 1</b>	3:30-4 p.m.	Trent A.	1314604
	4-4:30 p.m.	Gunther N.	1314605
	5-5:30 p.m.	Talor G.	1314606
	6-6:30 p.m.	Jazmin P.	1314607
	6:30-7 p.m.	TBA-DB	1314609
	6:30-7 p.m.	Gunther N.	1314608
	7-7:30 p.m.	Evan U.	1314610
<b>Pre 2</b>	3:30-4 p.m.	Gunther N.	1324320
	4-4:30 p.m.	Talor G.	1324321
	5-5:30 p.m.	Jazmin P.	1324322
	5:30-6 p.m.	Evan U.	1324323
	6-6:30 p.m.	Carson W.	1324324
	6-6:30 p.m.	Gunther N.	1324325
	6:30-7 p.m.	TBA-TG	1324326
<b>Pre 3</b>	5-5:30 p.m.	TBA-CW	1332815
	5:30-6 p.m.	Carson W.	1332816
	6:30-7 p.m.	Jazmin P.	1332817
<b>Pre 4</b>	6:30-7 p.m.	Evan U.	134888
<b>Youth 1</b>	4-4:30 p.m.	TBA-CW	135879
<b>Youth 2</b>	6-6:30 p.m.	Evan U.	135880
	4-4:30 p.m.	TBA-CW	1361793
	5:30-6 p.m.	Talor G.	1361794
	6-6:30 p.m.	Talor G.	1361795
	7-7:30 p.m.	Gunther N.	1361796
	7:30-8 p.m.	Jazmin P.	1361797
	3:30-4 p.m.	April G.	1373307
<b>Youth 3</b>	4-4:30 p.m.	Jaylen B.	1373308
	4:30-5 p.m.	TBA-CW	1373309
	5-5:30 p.m.	Evan U.	1373310
	5:30-6 p.m.	TBA-CW	1373312
	5:30-6 p.m.	Jazmin P.	1373311
	6-6:30 p.m.	TBA-CW	1373313
	6:30-7 p.m.	Carson W.	1373314
	7-7:30 p.m.	Jazmin P.	1373315
<b>Youth 4</b>	7:30-8 p.m.	Cosette M.	1373316
	5-5:30 p.m.	Janet I.	1382153
	6-6:30 p.m.	Janet I.	1382154
<b>Youth 5</b>	5:30-6 p.m.	Janet I.	1391464
	7-7:30 p.m.	Janet I.	1391465
	8-8:30 p.m.	Janet I.	1391466
<b>Pre-Comp</b>	6:30-7 p.m.	Janet I.	1401268
	7:30-8 p.m.	Janet I.	1401269
<b>Teen 2</b>	8:30-9 p.m.	Gunther N.	1985115



Tiny Bubbles/Preschool (3-5 Years) | Youth/Breaststroke/Pre-Competition (6-12 years) | Teen (12-15 years)

## SESSION 3: APRIL 29-JUNE 16 NO LESSONS MAY 25-27

<b>THURSDAY   May 2 - June 13   7 days</b>			
\$109 Member, \$130 Child of Member, \$152 Non-Member			
<i>Daytime (up till 3:30 p.m.)</i>			
<b>Pre 1</b>	12:30-1 p.m.	Kelsey R.	1314611
	2-2:30 p.m.	Kirstin S.	1314612
	3-3:30 p.m.	Micah K.	1314613
<b>Pre 2</b>	12:30-1 p.m.	Kirstin S.	1324327
	2-2:30 p.m.	TBA-EP	1324328
<b>Youth 3</b>	2-2:30 p.m.	Danielle B.	1373317
<i>Afternoon/Evening (3:30 p.m. and later)</i>			
<b>Pre 1</b>	4-4:30 p.m.	Bella M.	1314614
	4:30-5 p.m.	Katie I.	1314619
	5:30-6 p.m.	Bella M.	1314615
	6-6:30 p.m.	Jazmin P.	1314616
	6:30-7 p.m.	Spencer K.	1314617
	7-7:30 p.m.	Jazmin P.	1314618
	<b>Pre 2</b>	4-4:30 p.m.	Jazmin P.
4:30-5 p.m.		Jazmin P.	1324330
5-5:30 p.m.		Spencer K.	1324331
5:30-6 p.m.		Jaylen B.	1324332
5:30-6 p.m.		Tony D.	1324333
6-6:30 p.m.		Jaylen B.	1324334
6:30-7 p.m.		Jazmin P.	1324335
<b>Pre 3</b>	4:30-5 p.m.	Jaylen B.	1332818
	5-5:30 p.m.	Jazmin P.	1332819
	6-6:30 p.m.	TBA-CW	1332820
	6:30-7 p.m.	Michael C.	1332821
<b>Youth 2</b>	5-5:30 p.m.	Katie I.	1361798
	5:30-6 p.m.	Spencer K.	1361799
	6:30-7 p.m.	Jaylen B.	1361800
<b>Youth 3</b>	4-4:30 p.m.	TBA-CW	1373318
	4:30-5 p.m.	Bella M.	1373319
	5-5:30 p.m.	Tony D.	1373320
	5:30-6 p.m.	Michael C.	1373321
	6-6:30 p.m.	Spencer K.	1373322
	6-6:30 p.m.	Tony D.	1373323
	6:30-7 p.m.	TBA-CW	1373324
	7-7:30 p.m.	Tony D.	1373325
	8-8:30 p.m.	Spencer K.	1373326
<b>Youth 4</b>	3:30-4 p.m.	Danielle B.	1382155
	4-4:30 p.m.	Danielle B.	1382156
	6-6:30 p.m.	Bella M.	1382157
	8-8:30 p.m.	Michael C.	1382158
<b>Youth 5</b>	4:30-5 p.m.	Danielle B.	1391467
<b>Youth 6</b>	6:30-7 p.m.	Tony D.	1391468
<b>Pre-Comp</b>	3:30-4 p.m.	Talor G.	2113118
	5-5:30 p.m.	Danielle B.	1401270
<b>Pre-Comp Plus</b>	7-7:30 p.m.	TBA-CW	1401271
	5:30-6 p.m.	TBA-CW	903334

<b>FRIDAY   May 3 - June 14   7 days</b>			
\$109 Member, \$130 Child of Member, \$152 Non-Member			
<i>Daytime (up till 3:30 p.m.)</i>			
<b>Pre 1</b>	11-11:30 a.m.	Katie I.	1314620
	12:30-1 p.m.	Eric P.	1314621
<b>Pre 2</b>	11-11:30 a.m.	Eric P.	1324336
<b>Pre 3</b>	11:30 a.m.-12 p.m.	Katie I.	1332822
<i>Afternoon/Evening (3:30 p.m. and later)</i>			
<b>Pre 1</b>	4:30-5 p.m.	Spencer K.	1314622
	5-5:30 p.m.	Gunther K.	1314623
	5:30-6 p.m.	April G.	1314625
	5:30-6 p.m.	Tony D.	1314626
	6-6:30 p.m.	TBA-TA	1314627
	7-7:30 p.m.	Gigi B.	1314628
	<b>Pre 2</b>	4-4:30 p.m.	Cosette M.
5-5:30 p.m.		Alexa L.	1324338
5-5:30 p.m.		April G.	1324339
6:30-7 p.m.		Katia L.	1324340
<b>Pre 3</b>	5-5:30 p.m.	Katia L.	1332823
	6-6:30 p.m.	Gigi B.	1332824
	7-7:30 p.m.	Michael C.	1332825
<b>Pre 4</b>	6:30-7 p.m.	TBA-TG	134889
<b>Youth 1</b>	6-6:30 p.m.	Alexa L.	135881
<b>Youth 2</b>	6:30-7 p.m.	TBA-TA	135882
	5-5:30 p.m.	Spencer K.	1361801
	5:30-6 p.m.	Katia L.	1361802
<b>Youth 3</b>	6:30-7 p.m.	April G.	1361803
	4-4:30 p.m.	Trent A.	1373327
	4:30-5 p.m.	Gunther N.	1373328
	5-5:30 p.m.	Trent A.	1373329
	5:30-6 p.m.	Trent A.	1373330
	6-6:30 p.m.	April G.	1373331
	6-6:30 p.m.	Tony D.	1373332
	6:30-7 p.m.	Gigi B.	1373333
	5-5:30 p.m.	Tony D.	1382159
<b>Youth 4</b>	6:30-7 p.m.	Spencer K.	1382160
	8-8:30 p.m.	Michael C.	1382161
	7:30-8 p.m.	Trent A.	1391469
<b>Youth 5</b>	7-7:30 p.m.	Katia L.	1401272
	8-8:30 p.m.	Gigi B.	1401273
<b>Pre-Comp</b>	7-7:30 p.m.	Trent A.	903335
<b>Pre Comp Plus</b>	7-7:30 p.m.	Trent A.	903335
<b>Teen 1</b>	7:30-8 p.m.	Michael C.	1984124
<b>Teen 3</b>	8:30-9 p.m.	Gigi B.	1986110