

2-Week Intensive GROUP SWIM LESSONS

2019 | SUMMER BREAK

PRO
CLUB



A great way to learn, develop, and refine swimming skills. Students attend 30-minute classes held Monday-Friday for two-weeks.

Session A: June 24-July 5, no camp 7/4

Session B: July 8-July 19

Session C: July 22-Aug. 2

Session D: Aug. 5-Aug. 16

Adult 1

8:30-9 a.m.

Pre 1

10-10:30 a.m.
1-1:30 p.m.

Pre 2

9:30-10 a.m.
11:30 a.m.-12 p.m.

Pre 3

9-9:30 a.m.
1:30-2 p.m.

Pre 4

1-1:30 p.m.

Pre-Comp

11:30 a.m.-12 p.m.

Youth 1

2:30-3 p.m.

Youth 2

10:30-11 a.m.

Youth 3

12-12:30 p.m.
3-3:30 p.m.

Youth 4

10:30-11 a.m.
12:30-1 p.m.

Youth 5

12-12:30 p.m.
2-2:30 p.m.

Youth 6

11-11:30 a.m.
1:30-2 p.m.

ADULT 1: 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.

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.

REGISTRATION: (425) 885-5566 | proclub.com
MORE INFO: (425) 861-6274, aquaticsinfo@proclub.com

Prices do not include sales tax. No refunds after session has started. Instructors subject to change without notice. Class minimum of attendees required. If minimum is not met, class will be cancelled.



Updated: 4/22/2019