

YOUTH GROUP SWIM AGES 3-15



PRO 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

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

SESSION	DATES	FLYER POST DATE	PRE-ENROLLMENT	CHANGE OVER	MEMBER	NON-MEMBER
					Open Enrollment	Open Enrollment
1	Jan.6 - Mar. 1	December 11	December 11 - 17	December 18	December 19	December 20
2	Mar. 2 - Apr. 26*	February 19	February 19 - 25	February 26	February 27	February 28

**NO LESSONS | Nov. 28-Dec. 1 | Dec. 7 (1:30 p.m. & onwards) | Dec. 23-Jan. 5 | April 12 (Easter)*
Pre-Enrollment: Sign-up for the same level, day, and time in which the student is currently enrolled. | **Change Over:** Currently enrolled students may switch to another class.
Open Enrollment: All new or returning students may sign up. Online registration begins at 5 a.m. for members only.

ENTRY REQUIREMENTS

TINY BUBBLES / PRESCHOOL (Ages 3-5) | YOUTH / BREASTSTROKE / PRE-COMPETITION (Ages 6-12) | TEEN (Ages 12-15)
 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 (Ages 3-5) | YOUTH / BREASTSTROKE / PRE-COMPETITION (Ages 6-12) | TEEN (Ages 12-15)

SESSION 1 JANUARY 6 - MARCH 1

MONDAY January 6 - February 24 8 days			
\$132 Member, \$157 Child of Member			
<i>Afternoon/Evening (3:30 p.m. and later)</i>			
Pre 1	5-5:30 p.m.	TBA-BM	1314849
	6-6:30 p.m.	Evan U.	1314850
	6:30-7 p.m.	Jessie T.	1314851
Pre 2	5-5:30 p.m.	TBA-Daniel	1324508
	5:30-6 p.m.	TBA-MK	1324509
	6:30-7 p.m.	Evan U.	1324510
Pre 3	7-7:30 p.m.	Jessie T.	1324511
	5-5:30 p.m.	TBA-MK	1332920
Youth 1	6:30-7 p.m.	Jaylen B.	1332921
	6-6:30 p.m.	TBA-MK	135926
Youth 2	5:30-6 p.m.	Katia L.	1361928
	6:30-7 p.m.	TBA-Daniel	1361929
Youth 3	4:30-5 p.m.	TBA-MK	1373550
	5:30-6 p.m.	Jaylen B.	1373551
	6-6:30 p.m.	Jessie T.	1373552
Youth 4	3:30-4 p.m.	TBA-MK	1382321
	6-6:30 p.m.	TBA-BM	1382322
	6:30-7 p.m.	TBA-BM	1382323
Youth 5	5:30-6 p.m.	TBA-BM	1391556
	7-7:30 p.m.	Trent A.	1391557
Pre-Comp	7:30-8 p.m.	Trent A.	1401345
Breaststroke	6-6:30 p.m.	Jaylen B.	1975140

TUESDAY January 7 - February 24 8 days			
\$132 Member, \$157 Child of Member, \$182 Non-Member			
<i>Daytime (up till 3:30 p.m.)</i>			
Pre 1	11:30 a.m.-12 p.m.	Eric P.	1314852
	12-12:30 p.m.	Eric P.	1314853
	2-2:30 p.m.	Kirstin S.	1314854
Pre 3	10-10:30 a.m.	Eric P.	1332922
<i>Afternoon/Evening (3:30 p.m. and later)</i>			
Pre 1	5-5:30 p.m.	Spencer K.	1314855
	5:30-6 p.m.	TBA-JB	1314856
	6-6:30 p.m.	Spencer K.	1314857
Pre 2	4:30-5 p.m.	Katia L.	1324512
	5-5:30 p.m.	Katia L.	1324513
Pre 3	6:30-7 p.m.	Spencer K.	1324514
	5-5:30 p.m.	Jaylen B.	1332923
Pre 4	6:30-7 p.m.	Bre B.	134903
Youth 2	5:30-6 p.m.	Micah K.	1361930
	6-6:30 p.m.	TBA-JB	1361931
Youth 3	5-5:30 p.m.	Ashlee M.	1373553
	5:30-6 p.m.	Evan U.	1373554
	6-6:30 p.m.	Ashlee M.	1373555
	6-6:30 p.m.	Evan U.	1373556
	6:30-7 p.m.	Katia L.	1373557
	7-7:30 p.m.	Jaylen B.	1373558
Youth 4	3:30-4 p.m.	Jaylen B.	1382324
	5-5:30 p.m.	TBA-JB	1382325
Youth 5	6:30-7 p.m.	Katie B.	1391558
Pre-Comp	6-6:30 p.m.	Katie B.	1401346
Pre-Comp Plus	5:30-6 p.m.	Katie B.	903367
	7-7:30 p.m.	Katia L.	903368

REGISTRATION 425.885.5566 | MORE INFO 425.861.6274 | aquaticsinfo@proclub.com

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Class minimum of attendees required. If minimum is not met, class will be cancelled.

TINY BUBBLES / PRESCHOOL (Ages 3-5) | YOUTH / BREASTSTROKE / PRE-COMPETITION (Ages 6-12) | TEEN (Ages 12-15)

SESSION 1 JANUARY 6 - MARCH 1

WEDNESDAY January 8 - February 26 8 days			
\$132 Member, \$157 Child of Member, \$182 Non-Member			
<i>Daytime (up till 3:30 p.m.)</i>			
Pre 1	10:30-11 a.m.	Kirstin S.	1314858
Pre 3	10-10:30 a.m.	Kirstin S.	1332924
	2:30-3 p.m.	TBA-DD	1332925
Youth 2	8-8:30 a.m.	Kelsey B.	1361932
Youth 3	2:30-3 p.m.	April G.	1373559
Youth 4	1:30-2 p.m.	Jaylen B.	1382326
	2-2:30 p.m.	Jaylen B.	1382327
	2:30-3 p.m.	Micah K.	1382328
Youth 5	2:30-3 p.m.	Jaylen B.	1391559
Pre-Comp	2:30-3 p.m.	Talor G.	1401347

<i>Afternoon/Evening (3:30 p.m. and later)</i>			
Pre 1	3:30-4 p.m.	TBA-DD	1314859
	4-4:30 p.m.	TBA-DD	1314860
	5-5:30 p.m.	Talor G.	1314861
	6-6:30 p.m.	Jazmin P.	1314862
	6:30-7 p.m.	Jordan A.	1314863
Pre 2	7-7:30 p.m.	Jessie T.	1314864
	4-4:30 p.m.	Talor G.	1324515
	5:30-6 p.m.	Jessie T.	1324516
	6-6:30 p.m.	TBA-DD	1324517
Pre 3	6:30-7 p.m.	TBA-DD	1324518
	5-5:30 p.m.	Jazmin P.	1332927
	5-5:30 p.m.	TBA-DD	1332926
	6-6:30 p.m.	Jordan A.	1332928
Pre 4	6:30-7 p.m.	Jazmin P.	1332929
	6:30-7 p.m.	Jessie T.	134904
Youth 1	6-6:30 p.m.	Jessie T.	135927
Youth 2	4-4:30 p.m.	Micah K.	1361933
	5:30-6 p.m.	Talor G.	1361934
	6-6:30 p.m.	Talor G.	1361935
	7-7:30 p.m.	Jordan A.	1361936
	7:30-8 p.m.	Jazmin P.	1361937
Youth 3	3:30-4 p.m.	April G.	1373560
	4-4:30 p.m.	Jaylen B.	1373561
	4:30-5 p.m.	Ashlee M.	1373562
	5-5:30 p.m.	Jessie T.	1373563
	5:30-6 p.m.	Jazmin P.	1373564
	6-6:30 p.m.	Ashlee M.	1373565
	6:30-7 p.m.	Ashlee M.	1373566
	7-7:30 p.m.	Jazmin P.	1373567
Youth 4	7:30-8 p.m.	TBA-DD	1373568
	5-5:30 p.m.	Ashlee M.	1382329
Youth 5	6-6:30 p.m.	Janet I.	1382330
	5:30-6 p.m.	Ashlee M.	1391560
Youth 6	8-8:30 p.m.	Janet I.	1391561
	7-7:30 p.m.	Janet I.	2113157
Pre-Comp	6:30-7 p.m.	Janet I.	1401348
	7:30-8 p.m.	Janet I.	1401349
Teen 2	8:30-9 p.m.	TBA-MM	1985121



TINY BUBBLES / PRESCHOOL (Ages 3-5) | YOUTH / BREASTSTROKE / PRE-COMPETITION (Ages 6-12) | TEEN (Ages 12-15)

SESSION 1 JANUARY 6 - MARCH 1

THURSDAY January 9 - February 27 8 days			
\$132 Member, \$157 Child of Member, \$182 Non-Member			
<i>Daytime (up till 3:30 p.m.)</i>			
Pre 1	2-2:30 p.m.	Kirstin S.	1314865
	3-3:30 p.m.	Micah K.	1314866
Pre 2	12:30-1 p.m.	Kirstin S.	1324519
<i>Afternoon/Evening (3:30 p.m. and later)</i>			
Pre 1	4-4:30 p.m.	TBA-BM	1314867
	4:30-5 p.m.	Katie I.	1314868
	5:30-6 p.m.	TBA-BM	1314869
	6-6:30 p.m.	Jazmin P.	1314870
	6:30-7 p.m.	Spencer K.	1314871
Pre 2	7-7:30 p.m.	Jazmin P.	1314872
	4-4:30 p.m.	Jaylen B.	1324521
	4-4:30 p.m.	Jazmin P.	1324520
	4:30-5 p.m.	Jazmin P.	1324522
	5-5:30 p.m.	Spencer K.	1324523
	5:30-6 p.m.	Jaylen B.	1324524
	5:30-6 p.m.	Tony D.	1324525
	6-6:30 p.m.	Jaylen B.	1324526
Pre 3	6:30-7 p.m.	Jazmin P.	1324527
	4:30-5 p.m.	Bre B.	1332930
	5-5:30 p.m.	Jazmin P.	1332931
	6-6:30 p.m.	Spencer K.	1332932
Youth 2	5-5:30 p.m.	Katie I.	1361938
	5:30-6 p.m.	Spencer K.	1361939
	6:30-7 p.m.	Jaylen B.	1361940
Youth 3	4:30-5 p.m.	TBA-BM	1373569
	5-5:30 p.m.	Tony D.	1373570
	5:30-6 p.m.	Katie I.	1373571
	6-6:30 p.m.	Ashlee M.	1373573
	6-6:30 p.m.	Jessie T.	1373572
	6:30-7 p.m.	Ashlee M.	1373574
	7-7:30 p.m.	Tony D.	1373575
Youth 4	3:30-4 p.m.	Jessie T.	1382331
	4-4:30 p.m.	TBA-GN	1382332
	6-6:30 p.m.	TBA-BM	1382333
	8-8:30 p.m.	Jessie T.	1382334
Youth 5	4:30-5 p.m.	TBA-GN	1391562
Youth 6	6:30-7 p.m.	Jessie T.	1391563
Pre-Comp	3:30-4 p.m.	Talor G.	2113158
	5-5:30 p.m.	Jessie T.	1401350
Pre-Comp Plus	7-7:30 p.m.	Ashlee M.	1401351
	5:30-6 p.m.	Jessie T.	903369

FRIDAY January 10 - February 28 8 days			
\$132 Member, \$157 Child of Member, \$182 Non-Member			
<i>Daytime (up till 3:30 p.m.)</i>			
Pre 1	11-11:30 a.m.	April G.	1314873
	12:30-1 p.m.	Eric P.	1314874
Pre 2	11-11:30 a.m.	Eric P.	1324528
Pre 3	11:30 a.m.-12 p.m.	April G.	1332933
<i>Afternoon/Evening (3:30 p.m. and later)</i>			
Pre 1	4:30-5 p.m.	Spencer K.	1314875
	5-5:30 p.m.	Megan R.	1314876
	5:30-6 p.m.	April G.	1314878
	5:30-6 p.m.	Gunther N.	1314877
	6-6:30 p.m.	Jessie T.	1314879
Pre 2	7-7:30 p.m.	Jessie T.	1314880
	4-4:30 p.m.	Trent A.	1324529
	5-5:30 p.m.	April G.	1324530
Pre 3	6:30-7 p.m.	Katia L.	1324531
	5-5:30 p.m.	Katia L.	1332934
Pre 4	6-6:30 p.m.	TBA-JB	1332935
Youth 1	6:30-7 p.m.	Jessie T.	134905
	6-6:30 p.m.	Megan R.	135928
Youth 2	6:30-7 p.m.	TBA-TA	135929
	5-5:30 p.m.	Spencer K.	1361941
	5:30-6 p.m.	Katia L.	1361942
Youth 3	6:30-7 p.m.	TBA-AG	1361943
	5-5:30 p.m.	TBA-JB	1373576
	5:30-6 p.m.	TBA-JB	1373577
	6-6:30 p.m.	Gunther N.	1373579
	6-6:30 p.m.	TBA-AG	1373578
Youth 4	6:30-7 p.m.	Spencer K.	1373580
	5-5:30 p.m.	Gunther N.	1382335
	7:30-8 p.m.	TBA-JB	1382336
Youth 5	8-8:30 p.m.	TBA-JB	1382337
	7:30-8 p.m.	Jessie T.	1391564
Pre-Comp	7-7:30 p.m.	TBA-JB	1401352
	8-8:30 p.m.	Margie M.	1401353
Pre Comp Plus	7-7:30 p.m.	Megan R.	903370
Teen 3	8:30-9 p.m.	Margie M.	1986115

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Updated: 12/5/2019



TINY BUBBLES / PRESCHOOL (Ages 3-5) | YOUTH / BREASTSTROKE / PRE-COMPETITION (Ages 6-12) | TEEN (Ages 12-15)

SESSION 1 JANUARY 6 - MARCH 1

SATURDAY January 11 - February 29 8 days \$132 Member, \$157 Child of Member			
Pre 1	8-8:30 a.m.	TBA-DD	1314881
	8:30-9 a.m.	Micah K.	1314882
	9-9:30 a.m.	TBA-Daniel	1314883
	10-10:30 a.m.	TBA-DD	1314884
	10:30-11 a.m.	TBA-Daniel	1314885
	11-11:30 a.m.	Megan R.	1314886
	11:30 a.m.-12 p.m.	TBA-DD	1314887
	1-1:30 p.m.	Tina W.	1314888
	1:30-2 p.m.	TBA-BM	1314889
Pre 2	2:30-3 p.m.	Brittany R.	1314890
	9-9:30 a.m.	TBA-DD	1324533
	9-9:30 a.m.	TBA-JB	1324532
	9:30-10 a.m.	TBA-DD	1324534
	10-10:30 a.m.	Katia L.	1324535
	10:30-11 a.m.	TBA-DD	1324536
	11-11:30 a.m.	Katia L.	1324537
	11:30 a.m.-12 p.m.	Jamie O.	1324538
	12:30-1 p.m.	Jazmin P.	1324539
Pre 3	1:30-2 p.m.	April G.	1324540
	9-9:30 a.m.	Micah K.	1332936
	10-10:30 a.m.	Jamie O.	1332937
	10:30-11 a.m.	Katia L.	1332938
	11-11:30 a.m.	Gunther N.	1332939

Youth 1	9:30-10 a.m.	Katia L.	135930
	12:30-1 p.m.	TBA-Daniel	135931
Youth 2	8:30-9 a.m.	TBA-DD	1361944
	9-9:30 a.m.	Keane S.	1361945
	9:30-10 a.m.	Micah K.	1361946
	11:30 a.m.-12 p.m.	Megan R.	1361947
	12:30-1 p.m.	Keane S.	1361948
	2-2:30 p.m.	April G.	1361949
	2:30-3 p.m.	Tina W.	1361950
Youth 3	9:30-10 a.m.	TBA-Daniel	1373581
	10-10:30 a.m.	TBA-Daniel	1373582
	10:30-11 a.m.	Jamie O.	1373583
	11-11:30 a.m.	Jamie O.	1373584
	12:30-1 p.m.	TBA-DD	1373585
	1:30-2 p.m.	Jazmin P.	1373586
	2-2:30 p.m.	TBA-BM	1373587
	3-3:30 p.m.	April G.	1373588
Youth 4	9-9:30 a.m.	Katia L.	1382338
	9:30-10 a.m.	TBA-JB	1382339
	10-10:30 a.m.	TBA-JB	1382340
	10:30-11 a.m.	Keane S.	1382341
	11-11:30 a.m.	Keane S.	1382342
	11:30 a.m.-12 p.m.	Katia L.	1382343
	12-12:30 p.m.	TBA-BM	1382344
	1-1:30 p.m.	Jazmin P.	1382345
	2:30-3 p.m.	Edilia T.	1382346
	3:30-4 p.m.	Edilia T.	1382347
	Youth 5	10-10:30 a.m.	Keane S.
11-11:30 a.m.		TBA-JB	1391566
11:30 a.m.-12 p.m.		TBA-JB	1391567
12-12:30 p.m.		TBA-Daniel	1391568
1:30-2 p.m.		Edilia T.	1391569
2-2:30 p.m.		Edilia T.	1391570
3-3:30 p.m.		Edilia T.	1391571
Youth 6	1:30-2 p.m.	Tina W.	2113159
	3:30-4 p.m.	Brittany R.	2113160
Pre-Comp	9:30-10 a.m.	John X.	1401354
	10:30-11 a.m.	TBA-JB	1401355
	12-12:30 p.m.	Keane S.	1401356
	2-2:30 p.m.	Brittany R.	1401357

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SESSION 1 JANUARY 6 - MARCH 1

SUNDAY January 12 - March 1 8 days			
\$132 Member, \$157 Child of Member			
Pre 1	9-9:30 a.m.	Keane S.	1314891
	9:30-10 a.m.	TBA-DD	1314892
	9:30-10 a.m.	Violette T.	1314893
	10-10:30 a.m.	Violette T.	1314894
	11-11:30 a.m.	TBA-DD	1314895
	1:30-2 p.m.	Chris R.	1314896
Pre 2	2:30-3 p.m.	Brittany R.	1314897
	9:30-10 a.m.	Keane S.	1324541
	10-10:30 a.m.	Katia L.	1324542
Pre 3	1:30-2 p.m.	TBA-DD	1324543
	9:30-10 a.m.	Katia L.	1332940
Youth 1	1:30-2 p.m.	Brittany R.	135932
	2-2:30 p.m.	TBA-DD	135933
Youth 2	10-10:30 a.m.	TBA-DD	1361951
	12:30-1 p.m.	TBA-Daniel	1361952
	1-1:30 p.m.	TBA-Daniel	1361953
	2:30-3 p.m.	Chris R.	1361954
Youth 3	9-9:30 a.m.	Brittany R.	1373590
	9-9:30 a.m.	Katia L.	1373589
	10-10:30 a.m.	Keane S.	1373591
	11-11:30 a.m.	Violette T.	1373592
	1-1:30 p.m.	Brittany R.	1373593
	2-2:30 p.m.	Brittany R.	1373594
	2:30-3 p.m.	TBA-DD	1373595
	3:30-4 p.m.	TBA-MM	1373596
Youth 4	9-9:30 a.m.	Violette T.	1382348
	10:30-11 a.m.	Keane S.	1382349
	11-11:30 a.m.	Katia L.	1382350
	11:30 a.m.-12 p.m.	TBA-Daniel	1382351
	1-1:30 p.m.	Chris R.	1382352
	1:30-2 p.m.	Matthew H.	1382353
	3-3:30 p.m.	TBA-MM	1382354
Youth 5	1-1:30 p.m.	Matthew H.	1391572
	2-2:30 p.m.	TBA-MM	1391573
Youth 6	10:30-11 a.m.	Violette T.	2113161
	12:30-1 p.m.	Brittany R.	2113162
Pre-Comp	12-12:30 p.m.	TBA-Daniel	1401358
	2-2:30 p.m.	Chris R.	1401359
Pre-Comp Plus	1:30-2 p.m.	TBA-MM	903371
	2:30-3 p.m.	Matthew H.	903372

REGISTRATION 425.885.5566 | MORE INFO 425.861.6274 | aquaticsinfo@proclub.com

ONLINE REGISTRATION proclub.com (members only, begins at 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.