

Summer *Morning* Swimming Lessons

Sign-up begins on May 17, 2010

Registration **cannot** be done over the phone and must be paid for at the time of sign-up.

Only prepaid registrations will be accepted.

Only children who are at least 3 years of age may enroll.

Lessons are 8 sessions long and will meet Monday - Thursday for two weeks.

Space is limited, so enroll soon.

Minimum enrollment must be met for the class to take place.

Little Flippers ~ min. 3 / max 5

Levels I - IV ~ min. 5 / max 7-8

Session I - June 14-24, 2010

Instructor: Janet Musgrove

Little Flippers - 10:15 - 10:45 AM

Cost: Members - \$30.00 / Non-Members - \$45.00

Level I - 11:00 - 11:45 AM

Cost: Members - \$40.00 / Non-Members - \$55.00

Session II - July 5 - 15, 2010

Instructor: Janet Musgrove

Little Flippers - 10:15 - 10:45 AM

Cost: Members - \$30.00 / Non-Members - \$45.00

Level II - 11:00 - 11:45 AM

Cost: Members - \$40.00 / Non-Members - \$55.00

Session III - July 19-29, 2010

Instructor: Janet Musgrove

Level II /III - 10:15 - 11:00 AM

Cost: Members - \$40.00 / Non-Members - \$55.00

Level IV - 11:15 - 12:00 PM

Cost: Members - \$40.00 / Non-Members - \$55.00

Class Descriptions

Little Flippers: An exploratory class for beginning swimmers. Children will learn the basics such as kicking, getting familiar with the water, blowing bubbles, water safety, etc.

Level I - First level of swimming instruction. Focuses on teaching arm stroke and kick for freestyle, floating on back, learning to stay afloat, and beginning diving, etc.

Level II - Advanced stroke instruction on freestyle, backstroke, diving, deep water work, etc.

Level III & IV - Advanced stroke instruction for Breaststroke and Butterfly. Advanced diving and water safety.

If you have any questions, please call Leah Tunstall at 336-368-2012, ext. 202

Evening Lessons are also available.

Check out our website at www.armfieldcenter.com for more information.

