



NOB HILL SWIM CLUB

Summer 2009

Swim Lesson Schedule

Session 1: June 22nd – June 26th

<u>Class</u>	<u>Time</u>
Beginner	10:45 – 11:45
Tiny Tots	11:15 – 11:45

Session 2: June 29th - July 3rd

<u>Class</u>	<u>Time</u>
Beginner	9:30 – 10:30
Intermediate	9:30 – 10:30
Advanced Beginner	10:45 – 11:45
Swimmer	10:45 – 11:45

Session 3: July 6th – July 10th

<u>Class</u>	<u>Time</u>
Beginner	9:30 – 10:30
Swimmer	9:30 – 10:30
Advanced Beginner	10:45 – 11:45
Intermediate	10:45 – 11:45

Session 7: August 3rd – August 7th

<u>Class</u>	<u>Time</u>
Swimmer	10:45 – 11:45
Intermediate	10:45 – 11:45

Session 4: July 13th – July 17th

<u>Class</u>	<u>Time</u>
Beginner	9:30 – 10:30
Intermediate	9:30 – 10:30
Advanced Beginner	10:45 – 11:45
Tiny Tots	10:45 – 11:45

Session 5: July 20th – July 24th

<u>Class</u>	<u>Time</u>
Beginner	9:30 – 10:30
Advanced Beginner	9:30 – 10:30
Swimmer	10:45 – 11:45
Tiny Tots	11:15 – 11:45

Session 6: July 27th – July 31st

<u>Class</u>	<u>Time</u>
Beginner	9:30 – 10:30
Intermediate	9:30 – 10:30
Advanced Beginner	10:45 – 11:45
Tiny Tots	11:15 – 11:45

This schedule is tentative. A class may be added or dropped due to the number of children that register. Once the season begins, please check the lists posted on the bulletin board at the pool for confirmation of your child's class, time, date and instructor.

What is the right level for your child?

It can be a difficult decision to decide what level of swim instruction is right for your child. The following is a brief summary, describing each level that we have to offer at Nob Hill Swim Club. Along with the skills listed below, all classes/children are taught water safety skills that are appropriate for each age level. If you have any questions as to your child's placement, contact the pool once the season begins.

Tiny Tots

- Typically ages 2-4 and child has had little or no water experience, prior to this class. The class focuses on water adjustment skills to get the child equipped for a positive water experience.

Beginner

- Typically ages 4-7 and child has had minimal water experience. This class continues to enhance water adjustment skills, while introducing basic swimming techniques.

Advanced Beginner

- Typically ages 7-9. Child has had prior swimming lessons, with exposure to water deeper than the height of the child. This class improves the child's "Freestyle Swim" and "Elementary Back-stroke", and strengthens the child's endurance for deep water.

Intermediate

- Typically ages 9-11 and child has adequately mastered the "Freestyle Swim" and the "Elementary Back-stroke". Child is able to swim the length of the pool. This class improves "Freestyle" and "Elementary Back-stroke," introduces the "Breast-stroke" and "Side-stroke," and increases the child's endurance level.

Swimmer

- Typically ages 11-15. Child has mastered the four strokes instructed in the Intermediate level, and can maintain a high endurance level. This class is equivalent to swim team, in that skills are reviewed and