



# NOB HILL SWIM CLUB

Summer 2016

## Swim Lesson Schedule

### Session 1: June 20<sup>th</sup> – June 24<sup>th</sup>

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

### Session 2: June 27<sup>th</sup> - July 1<sup>st</sup>

<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 11<sup>th</sup> – July 15<sup>th</sup>

<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 4: July 18<sup>th</sup> – July 22<sup>nd</sup>

<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 – 11:15

### Session 5: July 25<sup>th</sup> – July 29<sup>th</sup>

<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: August 1<sup>st</sup> – August 5<sup>th</sup>

<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 8<sup>th</sup> – August 12<sup>th</sup>

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

See other side for various Swim Instruction Levels



*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 improved, while advanced techniques are added.