

SUMMER 2019

GROUP SWIM LESSONS

919.562.8895

GraniteFallsClub.com

PARENT/TODDLER:

Member \$70 / Non-Member \$85

WATER WORKS:

Member \$95 / Non-Member \$115

BEGINNER / INTERMEDIATE / ADVANCED:

1 Day for 6 Weeks - Member \$80 / Non-Member \$100

2 Days for 3 Weeks - Member \$80 / Non-Member \$100

5 Days for 1 Week - Member \$65 / Non-Member \$85

1 DAY FOR 6 WEEKS:

Session 1A: June 3rd - July 13th

Session 2B: July 15th - August 24th

2 DAYS FOR 3 WEEKS:

Session A: June 3rd - June 22nd

Session B: June 24th - July 13th

Session C: July 15th - August 3rd

Session D: August 5th - August 24th

grouplessons@granitefallsclub.com

5 DAYS FOR 1 WEEK:

Session 1: May 20th - May 24th

Session 2: May 27th - May 31st

Session 3: June 3rd - June 7th

Session 4: June 10th - June 14th

Session 5: June 17th - June 21st

Session 6: June 24th - June 28th

Session 7: July 1st - July 5th

Session 8: July 8th - July 12th

Session 9: July 15th - July 19th

Session 10: July 22nd - July 26th

Session 11: July 29th - August 2nd

Session 12: August 5th - August 9th

Session 13: August 12th - August 16th

Session 14: August 19th - August 23rd

For a more detailed schedule or to register for lessons use our online services (OLS)

PARENT/TODDLER: AGES 6 TO 36 MONTHS

Instructor led parent/toddler classes for children 6 to 36 months old that are not quite ready for group swim lessons. This class serves as the first step toward developing well-rounded, confident swimmers by encouraging parents to explore and play in the water with their children.

Classes are 30 minutes long, 1 day for 6 weeks.

- THURSDAY 10AM
- SATURDAY 10AM

BEGINNER: AGES 3 TO 5 YEARS

Beginner classes help children build confidence and independence in the water while developing basic swimming skills. Key Skills: Floating & kicking unassisted, doggie paddle independently, comfortable submerging face and ears, and rolling over from stomach to back.

Classes are 40 minutes long, 1 day for 6 weeks, 2 days for 3 weeks or 5 days for 1 week.

- SATURDAY 10:30AM / 11:15AM / 12PM
- MONDAY & WEDNESDAY 10:30AM / 11:15AM / 12PM / 4PM / 4:45PM / 5:30PM / 6:15PM
- TUESDAY & THURSDAY 10:30AM / 11:15AM / 12PM / 4PM / 4:45PM / 5:30PM / 6:15PM
- MONDAY-FRIDAY 10:30AM / 11:15AM / 12PM

INTERMEDIATE: AGES 4 TO 7 YEARS

Intermediate classes build on basic swimming skills taught in the beginner class.

Key Skills: Passing the swim test, swimming the length of the pool independently, treading water for 1 minute, and jumping in and swimming to side unassisted.

Classes are 40 minutes long, 1 day for 6 weeks, 2 days for 3 weeks or 5 days for 1 week.

- SATURDAY 10:30AM / 11:15AM / 12PM
- MONDAY & WEDNESDAY 10:30AM / 11:15AM / 12PM / 4PM / 4:45PM / 5:30PM / 6:15PM
- TUESDAY & THURSDAY 10:30AM / 11:15AM / 12PM / 4PM / 4:45PM / 5:30PM / 6:15PM
- MONDAY-FRIDAY 10:30AM / 11:15AM / 12PM

ADVANCED: AGES 6 TO 10 YEARS

Advanced classes further develop the swimming skills taught in the intermediate class.

Key Skills: Freestyle with side breathing, backstroke, breaststroke and butterfly kick, and diving from a kneeling and standing position.

Classes are 40 minutes long, 1 day for 6 weeks, 2 days for 3 weeks or 5 days for 1 week.

- SATURDAY 10:30AM / 11:15AM / 12PM
- MONDAY & WEDNESDAY 10:30AM / 11:15AM / 12PM / 4PM / 4:45PM / 5:30PM / 6:15PM
- TUESDAY & THURSDAY 10:30AM / 11:15AM / 12PM / 4PM / 4:45PM / 5:30PM / 6:15PM
- MONDAY-FRIDAY 10:30AM / 11:15AM / 12PM

WATER WORKS: AGES 8 TO 12 YEARS

Water Works is a flexible fitness program that helps swimmers with the 4 competitive strokes in a non-competitive environment. Key Skills: Stroke development and aerobic conditioning.

Classes are 1 hour long, 1 day for 6 weeks or 2 days for 3 weeks.

- THURSDAY 6PM
- SATURDAY 11AM
- TUESDAY & THURSDAY 11AM

