

WINTER 2019

GROUP SWIM LESSONS

919.562.8895 GraniteFallsClub.com

PARENT/TODDLER:

Member \$70 / Non-Member \$85

BEGINNER / INTERMEDIATE / ADVANCED:

Member \$80 / Non-Member \$100

WATER WORKS:

Member \$95 / Non-Member \$115

1 DAY FOR 6 WEEKS:

Session 1: September 9th - October 19th

Session 2: October 21st - November 30th

2 DAYS FOR 3 WEEKS:

Session 3: September 9th - 28th

Session 4: September 30th - October 19th

Session 5: October 21st - November 9th

Session 6: November 11th - November 30th

Session 7: December 2nd - December 21st

grouplessons@granitefallsclub.com

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 4PM / 4:45PM / 5:30PM / 6:15PM
- TUESDAY & THURSDAY 4PM / 4:45PM / 5:30PM / 6:15PM

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 4PM / 4:45PM / 5:30PM / 6:15PM
- TUESDAY & THURSDAY 4PM / 4:45PM / 5:30PM / 6:15PM

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 4PM / 4:45PM / 5:30PM / 6:15PM
- TUESDAY & THURSDAY 4PM / 4:45PM / 5:30PM / 6:15PM

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.

- TUESDAY 6PM
- SATURDAY 11AM

