



2010 Swim Program at Twin Lakes

Each **2-week** session will meet four times per week, Monday through Thursday. Fridays will be reserved for inclement weather makeups.

- Session I June 21 – July 2**
- Session II July 5 – July 16**
- Session III July 19 – July 30**
- Session IV August 2 – August 13**

Pollywogs I Ages 3-5 (toddler pool)

This class will cover: water adjustment, blowing bubbles, entire head submersion, assisted floating on front and back, paddle motion with arms, and kicking with legs.

9:45 - 10:15 am

10:20 – 10:50 am

Pollywogs II Ages 3-5 (toddler pool)

This class will cover: unassisted floating on front and back, unassisted paddle stroke, proper arm pulls for freestyle and backstroke, and introduction to breaststroke and butterfly.

9:45 – 10:15 am

10:20 – 10:50 am

\$80.00 member price / per session

Level I ages 6 & older (lap pool)

This class will cover: water adjustment, blowing bubbles, entire head submersion, assisted floating on front and back, paddle motion with arms, and kicking with legs.

11:05 am – 11:35 am

11:40 am – 12:10 pm

Level 2 ages 6 & older (lap pool)

This class will cover: unassisted floating on front and back, unassisted paddle stroke, proper arm pulls for freestyle and backstroke, and introduction to breaststroke and butterfly.

11:05 am – 11:35 pm

11:40 am – 12:10 pm

\$80.00 member price / per session

Registration and questions: **Erika Pardon (248) 601-4170**
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