



PLYMOUTH CREEK ATHLETIC CLUB



June 13 - June 23

Mon - Thurs

P1/B1	11:45a - 12:15p \$95
P2/B2	12:15p - 12:55p\$114
Adv. Beginner	1:00p-1:40p\$114
Intermediate	1:45p - 2:25p\$114
Swimmers	2:30p - 3:10p\$114

June 14 - June 30 *9 classes

Tues/Wed/Thurs

P1/B1	5:00p - 5:30p\$105
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June 27 - July 7

Mon - Thurs *7 classes (No class on July 4th)

P1/B1	11:45a- 12:15p \$83
P2/B2	12:15p - 12:55p \$99
Adv. Beginner	1:00p- 1:40p \$99
Intermediate	1:45p - 2:25p \$99
Swimmers	2:30p - 3:10p \$99

July 11 - July 21

Mon - Thurs

P1/B1	11:45a - 12:15p \$95
P2/B2	12:15p - 12:55p\$114
Adv. Beginner	1:00p- 1:40p\$114
Intermediate	1:45p - 2:25p\$114
Adv. Swimmers	2:30p - 3:10p\$114

July 12 - July 28 *9 classes

Tues/Wed/Thurs

P2/B2	5:00p - 5:30p\$105
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July 25 - Aug 4

Mon - Thurs

P1/B1	11:45a - 12:15p \$95
P2/B2	12:15p - 12:55p\$114
Adv. Beginner	1:00p- 1:40p\$114
Intermediate	1:45p - 2:25p\$114
Swimmers	2:30p - 3:10p\$114

**All classes will have a safety lesson the first five minutes of each class. Student/Teacher Ratio: 4/1 Registration is based on a first-come first-serve basis and payment is due upon registration. Refunds, class credits, pro-rated classes or make-up classes are not offered for missed lessons. Three participants must register for a class to continue as scheduled. If only two participants register for a class, the class will become a "semi-private" lesson and will be 30 minutes in length. If only one participant registers for a class, you will be given the option to continue in the designated time slot for a "private lesson" and additional fees may be required. You will be contacted on the Thursday before your lessons are to begin, if your lesson plan will not continue as scheduled. Registration and waiver forms can be picked up at PCAC fitness desk. PCAC reserves the right to modify or cancel lesson times if needed*

Lesson Descriptions

P1 (Preschool Beginners)

Children 4-5 years

The class is designed to help with basic swimming skills. Emphasis is placed on making the swimmer comfortable in the water as well as safety in and around the water.

P2 (Advanced Preschool)

Children 3-5 years

Pre req. Child can float independently front/back, and who are ready to start stroke mechanics in an age appropriate class.

**Skills taught in the above 3 classes are: entering/exiting, jump and recover, changing positions, arms, kicking, floating, glides, breathing/breath control, and safety.*

**P1/B1 are similar classes, note the age levels.*

**P2/B2 are similar classes, note the age levels.*

B1 (Beginners 1: Water Adjustment)

Compare to Red Cross L1

Children 5 and up

For the swimmer who is beginning swimming skills Student develops confidence to perform front/back floats, arm movement, kicking, breathing, changing positions, front/back glides, combined strokes, jump and recover, safety. GOAL: Float independently front/back for 15 seconds, jump in the deep level off, swim front and back combined strokes 20 feet without stopping.

B2 (Beginners 2)

Compare to Red Cross L2

Children 5 and up

For the swimmer who DID NOT complete Beginners requirement skills Working on passing Beginner skills with confidence and endurance. See GOALS in Beginners.

Advanced Beginner

Compare to Red Cross L3

Children build on their front crawl with rhythmic breathing, elementary backstroke, back crawl, treading water, survival float, scissor and dolphin kicks, dives. GOAL: swimming the front and back combined strokes the length of the pool 17yds/50ft. with confidence, tread and survival 30 sec.

Intermediate

Compare to Red Cross L4

Children build on the front and back crawl, elementary backstroke, sidestroke, breast stroke, butterfly, turns and endurance in treading water 1.5 min., survival float. GOAL: swimming strokes with good form, endurance swimming 25/50 yards.

Swimmers

Compare to Red Cross L5

Children build on all six strokes, introduced to flip turns, surface dives. GOAL: 3 min. tread water, swimming strokes 50/100 yards.

Advanced Swimmers

Compare to Red Cross L6

All six strokes are practiced to build on improving proficiency and endurance. Self-help safety rescue skills, tread water 5 min. GOAL: Swim 500 yards continuously using all five strokes and 5 min. treading water.



PLYMOUTH CREEK
ATHLETIC CLUB

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