



PLYMOUTH CREEK

# ATHLETIC CLUB

## June 19 - June 29

### 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

## July 10 - July 20

### 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 24 - Aug 3

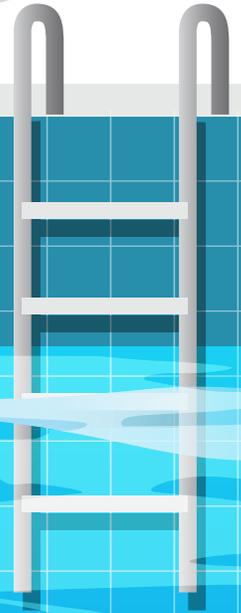
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*Lesson Descriptions On Back*



## 2017 Swimming Lessons



### IMPORTANT INFORMATION

- » 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.
- » Proper lesson placement is required. If unsure, a free evaluation can be done. Please contact the PCAC Fitness Desk to schedule before lessons begin.
- » Refunds, class credits, pro-rated classes or make-up classes are not offered for missed lessons.
- » Cancellations/withdrawals within five days prior to lesson start dates will be subject to no refund.
- » 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.
- » 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 2 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 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 25/50 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

763-559-6286 | 3131 Campus Drive | Plymouth, MN | [www.PlymouthCreekAthleticClub.com](http://www.PlymouthCreekAthleticClub.com)