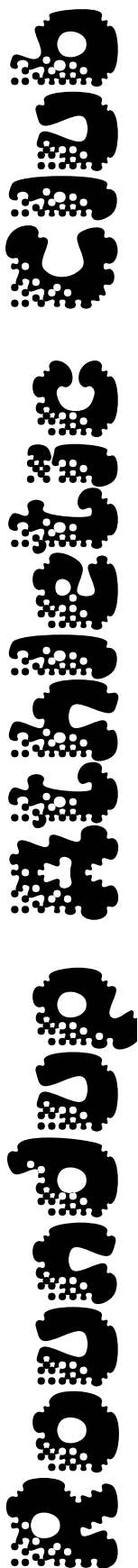


2021 Swim Lesson Schedule

Sarah Hardin



9:00AM	Guppies	June 21st - July 2nd Session I
9:30AM	Minnows	
10:00AM	Goldfish	
10:30AM	Otters	
11:00AM	Sealions	
1:30PM	Guppies	
2:00PM	Minnows	
2:30PM	Goldfish	
3:00PM	Dolphins	

9:00AM	Minnows	July 5th - July 16th Session II
9:30AM	Goldfish	
10:00AM	Minnows	
10:30AM	Guppies	
11:00AM	Sealions	
1:30PM	Otters	
2:00PM	Minnows	
2:30PM	Goldfish	
3:00PM	Sharks	

9:00AM	Guppies	July 26th - August 6th Session III
9:30AM	Minnows	
10:00AM	Goldfish	
10:30AM	Otters	
11:00AM	Sealions	
1:30PM	Guppies	
2:00PM	Minnows	
2:30PM	Goldfish	
3:00PM	Dolphins	



**MUST SIGN UP IN PERSON AT RAC,
COMPLETE REGISTRATION FORMS,
AND PAY FEES TO SECURE SPOT**

Members: \$45

Non-Members: \$55

Class Descriptions

Guppies: 3-4 year olds

An introduction to swimming, this class is designed to help the student feel comfortable in the water. Students will begin blowing bubbles, and floating on their front and back with support.

Minnows: 5 & up

Students learn to float on their front and back without support. They learn the "Superman" prone glide. Personal water safety is taught in this course.

Goldfish: Beginner - Primary Skills

This course is designed to give students success with fundamental skills. Students will learn the front and back crawl and begin breathing control.

Otters: Advanced Beginner - Stroke Readiness

Students continue to work on front and back crawl; introduction to elementary backstroke, treading water, and basic shallow dives.

Sealions: Intermediate - Stroke Development

Students learn to increase endurance by swimming lengths of front and back crawl and elementary backstroke. Breaststroke is introduced in this class.

Dolphins: Stroke Refinement

Students refine front and back crawl and learn to perform breaststroke. Butterfly is introduced. Personal safety and rescue may be taught.

Sharks: Advanced Swimmer-Skill Proficiency

Swimmers learn to swim with more efficiency, power and smoothness over greater distances. Turns are introduced. Personal safety and rescue may be taught.

RAC Swim Instructors

Sarah Hardin