

Middleburg Heights Community Center Summer Learn to Swim 2010

Member & Resident Registration: Tues. May 4, 2010

Non-Member Registration: Tues. May 11, 2010



Preschool Classes: Ages 18 months to 5 1/2 years

Toddler with Parent (18 months - 3 years)

Emphasis on water adjustment, trust, fun, and swimming readiness. This class will introduce skills while having fun.

Activity #	Day	Date	Time	lessons per session	Member Fee	Resident Non-Member	Non-Resident
2010.240	Tuesday	6/15-8/3	6:45-7:15 pm	8	\$ 32.00	\$ 42.00	\$ 52.00
2010.241	Saturday	6/19-8/7	10:00-10:30 am	8	\$ 32.00	\$ 42.00	\$ 52.00

Preschool with Parent (3 - 5 1/2 years)

Introduction to all swimming skills: stroking, kicking, and breathing coordination. Will work on transition to Preschool alone when the child is ready.

Activity #	Day	Date	Time	lessons per session	Member Fee	Resident Non-Member	Non-Resident
2030.240	Mon & Wed	6/14-7/7	6:45-7:15 pm	8	\$ 32.00	\$ 42.00	\$ 52.00
2030.241	Mon & Wed	7/12-8/4	6:45-7:15 pm	8	\$ 32.00	\$ 42.00	\$ 52.00
2030.242	Tuesday	6/15-8/3	7:15-7:45 pm	8	\$ 32.00	\$ 42.00	\$ 52.00
2030.243	Saturday	6/19-8/7	10:00-10:30 am	8	\$ 32.00	\$ 42.00	\$ 52.00

Preschool Alone (3 1/2 - 5 1/2 years)

With instructor approval, swimmers will be introduced to Level 1 & 2 skills as they are ready, progressing to more advanced skills. Child should be comfortable coming to class without a parent & be ready to put their face in the water on the first day. Children remain in the PSA program until they are 6 yrs. or completed Kindergarten.

Activity #	Day	Date	Time	lessons per session	Member Fee	Resident Non-Member	Non-Resident
2040.240	Mon-Thurs	6/14-6/24	9:15-9:45 am	8	\$ 32.00	\$ 42.00	\$ 52.00
2040.241	Mon-Thurs	6/14-6/24	9:45-10:15 am	8	\$ 32.00	\$ 42.00	\$ 52.00
2040.242	Mon-Thurs	6/28-7/8	9:15-9:45 am	8	\$ 32.00	\$ 42.00	\$ 52.00
2040.243	Mon-Thurs	6/28-7/8	9:45-10:15 am	8	\$ 32.00	\$ 42.00	\$ 52.00
2040.244	Mon-Thurs	7/12-7/22	9:15-9:45 am	8	\$ 32.00	\$ 42.00	\$ 52.00
2040.245	Mon-Thurs	7/12-7/22	9:45-10:15 am	8	\$ 32.00	\$ 42.00	\$ 52.00
2040.246	Mon-Thurs	7/26-8/5	9:15-9:45 am	8	\$ 32.00	\$ 42.00	\$ 52.00
2040.247	Mon-Thurs	7/26-8/5	9:45-10:15 am	8	\$ 32.00	\$ 42.00	\$ 52.00
2040.248	Mon & Wed	6/14-7/7	6:00-6:30 pm	8	\$ 32.00	\$ 42.00	\$ 52.00
2040.249	Mon & Wed	6/14-7/7	6:30-7:00 pm	8	\$ 32.00	\$ 42.00	\$ 52.00
2040.250	Mon & Wed	7/12-8/4	6:00-6:30 pm	8	\$ 32.00	\$ 42.00	\$ 52.00
2040.251	Mon & Wed	7/12-8/4	6:30-7:00 pm	8	\$ 32.00	\$ 42.00	\$ 52.00
2040.252	Tuesday	6/15-8/3	6:00-6:30 pm	8	\$ 32.00	\$ 42.00	\$ 52.00
2040.253	Tuesday	6/15-8/3	6:30-7:00 pm	8	\$ 32.00	\$ 42.00	\$ 52.00
2040.254	Saturday	6/19-8/7	9:30-10:00 am	8	\$ 32.00	\$ 42.00	\$ 52.00
2040.255	Saturday	6/19-8/7	10:00-10:30 am	8	\$ 32.00	\$ 42.00	\$ 52.00

School Age Program, ages 6 and over

Level 1 & 2 (Age 6 & over)

New students will be tested and placed in the proper skill group. Level 1 consists of beginner skills including bobs, front & back floats, and independent swimming. Level 2 students will be introduced beginner stroke with rhythmic breathing, sculling and kick on back, underwater swimming, treading water, and swimming with change of direction.

Activity #	Day	Date	Time	lessons per session	Member	Resident	Non-
					Fee	Non-Member	Resident
2000.240	Mon-Thurs	6/14-6/24	9:45-10:30 am	8	\$ 32.00	\$ 42.00	\$ 52.00
2000.241	Mon-Thurs	6/14-6/24	10:30-11:15 am	8	\$ 32.00	\$ 42.00	\$ 52.00
2000.242	Mon-Thurs	6/14-6/24	11:15-12:00 pm	8	\$ 32.00	\$ 42.00	\$ 52.00
2000.243	Mon-Thurs	6/28-7/8	9:45-10:30 am	8	\$ 32.00	\$ 42.00	\$ 52.00
2000.244	Mon-Thurs	6/28-7/8	10:30-11:15 am	8	\$ 32.00	\$ 42.00	\$ 52.00
2000.245	Mon-Thurs	6/28-7/8	11:15-12:00 pm	8	\$ 32.00	\$ 42.00	\$ 52.00
2000.246	Mon-Thurs	7/12-7/22	9:45-10:30 am	8	\$ 32.00	\$ 42.00	\$ 52.00
2000.247	Mon-Thurs	7/12-7/22	10:30-11:15 am	8	\$ 32.00	\$ 42.00	\$ 52.00
2000.248	Mon-Thurs	7/12-7/22	11:15-12:00 pm	8	\$ 32.00	\$ 42.00	\$ 52.00
2000.249	Mon-Thurs	7/26-8/5	9:45-10:30 am	8	\$ 32.00	\$ 42.00	\$ 52.00
2000.250	Mon-Thurs	7/26-8/5	10:30-11:15 am	8	\$ 32.00	\$ 42.00	\$ 52.00
2000.251	Mon-Thurs	7/26-8/5	11:15-12:00 pm	8	\$ 32.00	\$ 42.00	\$ 52.00
2000.252	Mon & Wed	6/14-7/7	4:30-5:15 pm	8	\$ 32.00	\$ 42.00	\$ 52.00
2000.253	Mon & Wed	6/14-7/7	5:15-6:00 pm	8	\$ 32.00	\$ 42.00	\$ 52.00
2000.254	Mon & Wed	7/12-8/4	4:30-5:15 pm	8	\$ 32.00	\$ 42.00	\$ 52.00
2000.255	Mon & Wed	7/12-8/4	5:15-6:00 pm	8	\$ 32.00	\$ 42.00	\$ 52.00
2000.256	Tuesday	6/15-8/3	5:15-6:00 pm	8	\$ 32.00	\$ 42.00	\$ 52.00
2000.257	Saturday	6/19-8/7	10:30-11:15 am	8	\$ 32.00	\$ 42.00	\$ 52.00
2000.258	Saturday	6/19-8/7	11:15-12:00 pm	8	\$ 32.00	\$ 42.00	\$ 52.00

Level 3

Front crawl & Back crawl 15 yds., Elementary backstroke kick, Butterfly kick, winging, survival float, and combined exit skills.

Activity #	Day	Date	Time	lessons per session	Member	Resident	Non-
					Fee	Non-Member	Resident
2003.240	Mon-Thurs	6/14-6/24	10:30-11:15 am	8	\$ 32.00	\$ 42.00	\$ 52.00
2003.241	Mon-Thurs	6/14-6/24	11:15-12:00 pm	8	\$ 32.00	\$ 42.00	\$ 52.00
2003.242	Mon-Thurs	6/28-7/8	10:30-11:15 am	8	\$ 32.00	\$ 42.00	\$ 52.00
2003.243	Mon-Thurs	6/28-7/8	11:15-12:00 pm	8	\$ 32.00	\$ 42.00	\$ 52.00
2003.244	Mon-Thurs	7/12-7/22	10:30-11:15 am	8	\$ 32.00	\$ 42.00	\$ 52.00
2003.245	Mon-Thurs	7/12-7/22	11:15-12:00 pm	8	\$ 32.00	\$ 42.00	\$ 52.00
2003.246	Mon-Thurs	7/26-8/5	10:30-11:15 am	8	\$ 32.00	\$ 42.00	\$ 52.00
2003.247	Mon-Thurs	7/26-8/5	11:15-12:00 pm	8	\$ 32.00	\$ 42.00	\$ 52.00
2003.248	Mon & Wed	6/14-7/7	5:15-6:00 pm	8	\$ 32.00	\$ 42.00	\$ 52.00
2003.249	Mon & Wed	7/12-8/4	5:15-6:00 pm	8	\$ 32.00	\$ 42.00	\$ 52.00
2003.250	Tuesday	6/15-8/3	5:15-6:00 pm	8	\$ 32.00	\$ 42.00	\$ 52.00
2003.251	Saturday	6/19-8/7	10:30-11:15 am	8	\$ 32.00	\$ 42.00	\$ 52.00

School Age Program, ages 6 and over
Continued

Level 4

Front crawl & Back crawl 25 yds., Elementary backstroke, Butterfly, Breaststroke kick, scissors kick, and one minute tread. Two combined exit skills are necessary to pass.

Activity #	Day	Date	Time	lessons per session	Member Fee	Resident Non-Member	Non-Resident
2004.240	Mon-Thurs	6/14-6/24	9:45-10:30 am	8	\$ 32.00	\$ 42.00	\$ 52.00
2004.241	Mon-Thurs	6/28-7/8	9:45-10:30 am	8	\$ 32.00	\$ 42.00	\$ 52.00
2004.242	Mon-Thurs	7/12-7/22	9:45-10:30 am	8	\$ 32.00	\$ 42.00	\$ 52.00
2004.243	Mon-Thurs	7/26-8/5	9:45-10:30 am	8	\$ 32.00	\$ 42.00	\$ 52.00
2004.244	Mon & Wed	6/14-7/7	5:15-6:00 pm	8	\$ 32.00	\$ 42.00	\$ 52.00
2004.245	Mon & Wed	7/12-8/4	5:15-6:00 pm	8	\$ 32.00	\$ 42.00	\$ 52.00
2004.246	Saturday	6/19-8/7	11:15-12:00 pm	8	\$ 32.00	\$ 42.00	\$ 52.00

Level 5

Level 5 students will complete perfection of all strokes and includes successful passing of two combined exit skills.

Activity #	Day	Date	Time	lessons per session	Member Fee	Resident Non-Member	Non-Resident
2005.240	Mon-Thurs	6/14-6/24	11:15-12:00 pm	8	\$ 32.00	\$ 42.00	\$ 52.00
2005.241	Mon-Thurs	6/28-7/8	11:15-12:00 pm	8	\$ 32.00	\$ 42.00	\$ 52.00
2005.242	Mon-Thurs	7/12-7/22	11:15-12:00 pm	8	\$ 32.00	\$ 42.00	\$ 52.00
2005.243	Mon-Thurs	7/26-8/5	11:15-12:00 pm	8	\$ 32.00	\$ 42.00	\$ 52.00

Level 6

Level 6 students will increase endurance on all skills in addition to new components including Fitness swimming, Lifeguard readiness, and Personal Water Safety. Level 6 is now designed as a lifetime participation activity and students are encouraged to repeat Level 6 often to stay up on all aquatic skills.

Activity #	Day	Date	Time	lessons per session	Member Fee	Resident Non-Member	Non-Resident
2006.240	Mon-Thurs	6/14-6/24	11:15-12:00 pm	8	\$ 32.00	\$ 42.00	\$ 52.00
2006.241	Mon-Thurs	6/28-7/8	11:15-12:00 pm	8	\$ 32.00	\$ 42.00	\$ 52.00
2006.242	Mon-Thurs	7/12-7/22	11:15-12:00 pm	8	\$ 32.00	\$ 42.00	\$ 52.00
2006.243	Mon-Thurs	7/26-8/5	11:15-12:00 pm	8	\$ 32.00	\$ 42.00	\$ 52.00

Junior Lifeguard Program.....FREE

Fridays, June 11, 18, & 25 from 9:30 am - 11:30 am

Offered for students who have passed level 5 or 6 and are 14 or 15 years of age by June 1st.

Please pick up a program description sheet at the front desk

Activity # 2060.231

American Red Cross Lifeguarding Course

Monday - Friday, August 2nd-6th from 9:00 am - 4:30 pm

Qualifying swim test: Friday, July 30, 10:00 am - 12:00 pm

Students must be 15 yrs. Old by the last day of class!

Please pick up a program description sheet at the front desk

Classes will be held here at the Middleburg Heights Community Center and Brook Park Pool

Activity # 2060. 221

Students are responsible for transportation between sites.

