

## What class level should I put my child in?

The following are only guidelines to help determine your child's placement.

### Level 1-

If this is your child's first time in a lessons or if they still hesitate putting their face in the water

### Level 1

If your child has already taken level 1- and/or if they are comfortable in the water and can blow bubbles and kick their feet and can float on their front and back with assistance

### Level 1+

If your child can kick on their front and back without any flotation devices for at least 10 feet

### Level 2-

If your child can put their face in the water and they are starting to use their arms for at least 20 feet unassisted.

### Level 2

If your child can swim a "rough" freestyle and backstroke for at least 40 feet and can get some breaths to the side. If they have been introduced to the "fly" and breaststroke, it is helpful.

### Level 2+

If your child has a strong freestyle with bi-lateral breathing and a good backstroke and can swim a lap of each. They should have some experience with the dolphin kick, the "fly" and breaststroke.

### Level 3-

If your child can swim all the strokes for at least 40 feet and is comfortable swimming in the big pool.

### Level 3

If your child can swim the free, back, and breaststroke for at least 50 yards and can do 25 yards of the "fly".

### Level 3+

At this level the emphasis is on improving endurance and fine tuning of all the strokes.

Questions?

Contact AnnaMarie

541-757-8559



**TIMBERHILL**  
ATHLETIC CLUB

## Swim Lesson Schedule

School Year 17/18



Contact  
AnnaMarie Ulrich  
Or  
Shannon Brown  
541-757-8559

## Swim Lessons

**Group lessons** are offered year round at TAC. Classes are available for all ages and ability levels. Classes are offered **M/W or T/Th for 7 weeks**. Lessons meet in the late afternoon and evenings and meet for a **half hour** each day. There are **4 or fewer students** in each class.

**Private and Semi-private lessons** are also offered throughout the year at TAC. We design these lessons to fit into your schedule. Take as many or as few lessons as you want with no long term commitment required.

### Private Lesson

\$25 for members

\$33 for non-members

### Semi-Private Lessons

\$33 for members

\$39 for non-members



### SESSION START DATES:

September 11<sup>th</sup> & 12<sup>th</sup>

October 30<sup>th</sup> & 31<sup>st</sup>

(No classes the week of November 20<sup>th</sup>)

January 8<sup>th</sup> & 9<sup>th</sup>

February 26<sup>th</sup> & 27<sup>th</sup>

(no classes the week of March 26<sup>th</sup>)

April 23<sup>rd</sup> & 24<sup>th</sup>

(6 week session)

### Group Lesson Cost

\$98 members

\$112 non-members



## Water Babies

This class is offered to children 6 months to 3 years of age and their parents. It teaches both water adjustment as well as the beginning skills for swimming through song and games. It's a fun way to bond with your baby and learn an important life skill at the same time! Sign up at the front desk or call any time.

### Cost

\$49 members

\$56 non-members

Class meets **Wednesdays at 6pm** in the warm pool



\*September 13<sup>th</sup>

\*November 1<sup>st</sup>

\*January 10<sup>th</sup>

\*February 28<sup>th</sup> – No class on March 28<sup>th</sup>

\*April 25<sup>th</sup>

### Kids Swim Workout (KSW)

This is a non-competitive lap swimming class held in the big pool. It is free to members who are able to swim one or more laps in the big pool. We practice proper stroke technique, learn about fitness, and have fun while meeting new friends. No sign-up required. Drop in any time!

Tuesday and Thursdays 4-4:45

Free to members!