

Summer 2018 Swim Lessons

Learn to Swim

Adult Learn to Swim

This basic course is designed for non-swimmers, very new swimmers and for swimmers who need to work on endurance and refining their strokes. Small group sessions are taught by Red Cross certified water safety instructors in a relaxed atmosphere with one-on-one assistance as needed. In addition to the obvious health benefits from this class, you can achieve more self-confidence as a swimmer.

\$33

CESW-005-1A	Sat	May 19-Jun 23	8:30-9:15AM
CESW-005-1B	Sat	Jun 30-Aug 4	8:30-9:15AM

Deep Water Running

Have fun exercising in this low-impact form of running in the deep water while wearing a floatation belt. This class simulates land running and provides cross training. The goal of the class is to work on core strengths while performing exercises in the water such as jogging, skiing and other exercises. Floatation belts will be provided during class. Beginners welcome; No swimming skills are necessary.

\$25

CESW-017-6A	Tue/Thu	May 15-Jun 21	8-8:30PM
CESW-017-6B	Tue/Thu	Jun 26-Aug 2	8-8:30PM

Water Exercise

Get into shape in a refreshing new way. Designed for both swimmers and non-swimmers, this aquatic exercise class is held in the shallow end of the pool. Each class period includes calorie burning, low-impact workouts guaranteed to get your heart pumping.

\$33

CESW-007-1A	Tue/Thu	May 15-Jun 21	8-9AM
CESW-007-1B	Tue/Thu	Jun 26-Aug 2	8-9AM
CESW-007-2A	Tue/Thu	May 15-Jun 21	9-10AM
CESW-007-2B	Tue/Thu	Jun 26-Aug 2	9-10AM
CESW-007-3A	Tue/Thu	May 15-Jun 21	10-11AM
CESW-007-3B	Tue/Thu	Jun 26-Aug 2	10-11AM
CESW-007-6A	Tue/Thu	May 15-Jun 21	7-8PM
CESW-007-6B	Tue/Thu	Jun 26-Aug 2	7-8PM

Registration deadlines: One week prior to start date!

**Register online at:
www.lc.edu/communityed**



Adult Classes

Arthritis Exercise

Improve your flexibility and mobility in this gentle exercise class. Designed for swimmers and non-swimmers, this low-impact exercise is recommended for relieving pain, stiffness and stress associated with arthritis. Classes are held in the shallow end of the Hatheway Pool on the Godfrey Campus.

\$38

CESW-009-1A	M/W/F	May 14-Jun 22	9-10AM
CESW-009-1B	M/W/F	Jun 25-Aug 3	9-10AM

Master Swim

You don't have to be a "Master" to join Master Swimming! This program is open to all adult swimmers (fitness, triathlete, competitive, non-competitive) who are dedicated to improving their fitness through swimming. One of the greatest benefits of Master Swimming is to be able to practice with an organized group. Master Swimming will challenge you with structured workouts, and help improve your technique along the way.

\$42

CESW-006-1A	M-TH	Apr 30-May 31	6-7AM
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\$38

CESW-006-6A	T/TH	May 15-Jun 21	6-7PM & SAT 7-8AM
CESW-006-6B	T/TH	Jun 26-Aug 2	6-7PM & SAT 7-8AM

Water Babies I

For ages 6 to 18 months

This class promotes water adjustment, not necessarily swimming, for babies and toddlers 6 to 18 months old. A parent or other responsible adult must be present and in the water at all times during the class. Classes are taught by Red Cross certified water safety instructors. Children should wear swim diapers or snug training pants under their swim suits. \$35

CECK-098-1A	Sat	May 19-June 23	9:15-10AM
CECK-098-1B	Sat	June 30-Aug 4	9:15-10AM

Water Babies II

For ages 18 months to 3 years

This class promotes water adjustment, not necessarily swimming, for babies and toddlers 18 to 36 months old. A parent or other responsible adult must be present and in the water at all times during the class. Classes are taught by Red Cross certified water safety instructors. Children should wear swim diapers or snug training pants under their swim suits. \$35

CECK-099-1A	Sat	May 19-June 23	10-10:45AM
CECK-099-1B	Sat	June 30-Aug 4	10-10:45AM

Preschool Swim

For ages 3 to 5

Learn water safety, personal safety, physical and mental adjustments to the water, buoyancy, body position and basic water skills such as front and back floating, with a goal of coordinating a beginning crawl and elementary backstroke. Classes are taught by Red Cross certified water safety instructors.

\$44

CECK-090-6A	Mon/Wed	May 14-Jun 6	6-6:45PM
CECK-090-6B	Mon/Wed	June 11-July 2	6-6:45PM
CECK-090-6C	Mon/Wed	July 9-Aug 1	6-6:45PM
CECK-090-7A	Mon/Wed	May 14-Jun 6	6:45-7:30PM
CECK-090-7B	Mon/Wed	June 11-July 2	6:45-7:30PM
CECK-090-7C	Mon/Wed	July 9-Aug 1	6:45-7:30PM
CECK-090-2A	Mon-Fri	Jun 4-Jun 15	1-1:45PM
CECK-090-2B	Mon-Fri	Jun 18-Jun 29	1-1:45PM
CECK-090-2C	Mon-Fri	July 9-July 20	1-1:45PM
CECK-090-2D	Mon-Fri	July 23-Aug 3	1-1:45PM
CECK-090-A3	Mon-Fri	Jun 4-Jun 15	2-2:45PM
CECK-090-3B	Mon-Fri	Jun 18-Jun 29	2-2:45PM
CECK-090-3C	Mon-Fri	July 9-July 20	2-2:45PM
CECK-090-A3D	Mon-Fri	July 23-Aug 3	2-2:45PM
CECK-094-1A	Sat	May 19-June 23	10:45-11:30AM
CECK-094-1B	Sat	June 30-Aug 4	10:45-11:30AM

Swim Levels 1 – 5

For ages 6 & up

Children will be skill tested on the first day of class to determine which level they are in. A wide variety of skills will be learned and as they progress through the levels, new skills are learned and old ones are refined. Classes are taught by Red Cross certified water safety instructors. \$44

CECK-091-6A	Mon/Wed	May 14-Jun 6	6-6:45PM
CECK-091-6B	Mon/Wed	Jun 11-July 2	6-6:45PM
CECK-091-6C	Mon/Wed	July 9-Aug 1	6-6:45PM
CECK-091-7A	Mon/Wed	May 14-Jun 6	6:45-7:30PM
CECK-091-7B	Mon/Wed	Jun 11-July 2	6:45-7:30PM
CECK-091-7C	Mon/Wed	July 9-Aug 1	6:45-7:30PM
CECK-091-2A	Mon-Fri	Jun 4-Jun 15	1-1:45PM
CECK-091-2B	Mon-Fri	Jun 18-Jun 29	1-1:45PM
CECK-091-2C	Mon-Fri	July 9-July 20	1-1:45PM
CECK-091-2D	Mon-Fri	July 23-Aug 3	1-1:45PM
CECK-091-3A	Mon-Fri	Jun 4-Jun 15	2-2:45PM
CECK-091-3B	Mon-Fri	Jun 18-Jun 29	2-2:45PM
CECK-091-3C	Mon-Fri	July 9-July 20	2-2:45PM
CECK-091-3D	Mon-Fri	July 23-Aug 3	2-2:45PM

\$35

CECK-095-1A	Sat	May 19-June 23	11:30AM-12:15PM
CECK-095-1B	Sat	June 30-Aug 4	11:30AM-12:15PM

Swim Level 6

The objective of Level 6 is to refine strokes so students swim with more ease, efficiency, power and smoothness over greater distances. Swimmers will also work on Personal Water Safety, Fundamentals of Diving, Fitness Swimming and Lifeguard Readiness.

\$35

CECK-096-1A	Sat	May 19-June 23	12:15-1PM
CECK-096-1B	Sat	June 30-Aug 4	12:15-1PM



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