

Here is what people are saying about SRC Swim

-Swimming Lessons at SRC have been the BEST lessons my kids have ever taken. The instructors are very qualified and really know how to motivate the kids!-

-We will definitely be back again for more lessons next year. Thanks for the wonderful lesson experience !-

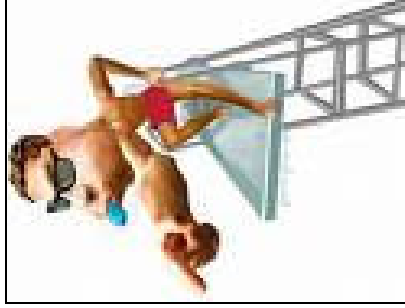
-The kids loved swimming lessons, especially the games with different strokes and kicks. The instructors had great rapport with the kids. Thanks again!-

Swim Membership

A Summer swim membership is available! The pool is a great place to be all summer long! We look forward to seeing everyone practicing their new strokes.

The swim membership is \$180 per family that lasts from June 22nd until September 18th..

SRC Pool Hours



The SRC Pool has certified lifeguards operating the pool.

If you have any questions please call us at the club.

POOL HOURS

12pm—8pm

(Or sunset, whichever comes first)

Sunday—Saturday

2009 Swim Lessons & Pool Schedule



Session 1: June 22nd—26th

Session 2: June 29th—07-03

Session 3: July 6th—10th

Session 4: July 13th—17th

Session 5: July 20th—24th

Session 6: July 27th—31st

Session 7: Aug. 3rd—7th

Session 8: Aug. 10th—14th

Session 9: Aug. 17th—21st

Session 10: Aug. 24th—28th



Spokane Racquet Club
1903 South Dearborn

Spokane, WA

99223

Phone: 509-535-1239

Email:

dtruit@spokaneracquetclub.com

SRC AQUATICS

Swimming Lessons at SRC Will be held in the mornings Monday through Friday from 9-12. With a fun and enthusiastic teaching staff your children will safely learn a life long skill. Each class will be 30 minutes long every morning. We will do our best to accommodate schedules for students participating in tennis.

Level I: Water Exploration

Price: \$40(member)

\$45(non-member)

Purpose: To orient to an aquatic environment and create a sound foundation for water and safety skills.

This class is primary for our youngest children. It is a class that will help your children be safe and comfortable around water. We work on safety rules, entry and exit from water as well as floating and basic stroke production.

Level II: Primary Skills

Price: \$35(member)

\$40(non-member)

Purpose: Expand on fundamental aquatic locomotion and safety skills.

In level two is where children will begin to swim more independently. Basic kicks and swimming arm movements are covered.



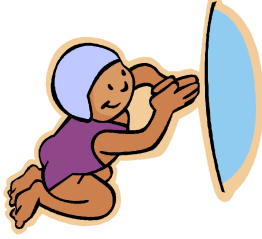
Level III: Stroke Readiness

Price: \$35(member)

\$40(non-member)

Purpose: Increase swimming skill competency; practice safety and non-swimming rescue skills.

Level Three students will be introduced to more formal strokes such as the front and back crawl strokes. Students will learn how to tread water and increase proficiency through previous learned skills.



Level IV: Stroke Development

Price: \$35(member)

\$40(non-member)

Purpose: Develop confidence and competency in strokes and safety skills beyond preceding levels; introduce breaststroke and sidestroke.

In level 4 students will be introduced to the breast stroke and more advanced breathing techniques such as rotary breathing. Students will also learn how to tread water with multiple kicks.

Students will be able to Perform the following: Front crawl, 25 yards with rotary breathing. Back crawl, 25 yards. Elementary backstroke, 10 yards. Scissor kick, 10 yards. Sculling on back 5 yards or 15 seconds. Breaststroke kick, 10 yards.

Level V: Stroke Refinement

Price: \$35(member)

\$40(non-member)

Purpose: Continue stroke refinement; introduce butterfly, and surface dives.

Level 5 will teach your student by introducing new kicks and strokes as well as learning new breathing techniques. Your student will also learn and work on wall turns.

Your student will be able to Perform the following: Feet-first surface dive. Breaststroke, 10 yards. Sidestroke, 10 yards. Elementary backstroke, 25 yards. Dolphin kick, 10 yards. Front crawl, 50 yards. Back crawl, 50 yards. Stride jump entry Open turn on front and back.

New Swim Instructor!

Angela Knott is our new lead swim instructor and brings great experience to SRC's Pool.

Angela graduated from Eastern Washington University with a degree in Education and has 5 years of experience in swim instructing. We are glad to have her on board with us and look forward to a great summer!