

Here is what people are saying
about SRC Swim

-Swimming Lessons at SRC
have been the BEST lessons my
kids have ever taken. The instruc-
tors 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 swim-
ming lessons, especially the
games with different strokes and
kicks. The instructors had great
rapport with the kids. Thanks
again!-

Swim Membership

A summer family swim
membership is available! The
pool is a great place to be all sum-
mer long! We look forward to see-
ing everyone practicing their new
strokes.

The family swim member-
ship is good only through the sum-
mer pool season, which lasts from
Memorial Day Weekend (May
28th) to the weekend after Labor
Day (September 11th) weather
permitting.



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



2011
Swim Lessons
&
Pool Schedule



Session 1: June 20th-30th

Session 2: July 5th-14th

Session 3: July 18th-28th

Session 4: August 1st-11th

Spokane Racquet Club
1903 South Dearborn
Spokane, WA
99223
Phone: 509-535-1239
Email:
[Jason.Overland@spokaneracquet
club.com](mailto:Jason.Overland@spokaneracquetclub.com)

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

Session 1: June 20th-30th

Session 2: July 5th-14th

Session 3: July 18th-28th

Session 4: August 1st-11th

Level I: Water Exploration

Price: \$40(member)

\$50(non-member)

Purpose: To help students feel comfortable in the water and to enjoy the water safely. Students will learn elementary water skills which they can build on as they progress through the various levels.

Students will experience the following: fully submerge face, basic breath control, enter and exit the water independently, introduction to alternating arm action and much more.

Level II: Primary Skills

Price: \$40(member)

\$50(non-member)

Purpose: To give students success with fundamental skills and learn to float without support. Learn basic self-help rescue skills.

Students will experience the following:

Fully submerge head, retrieve objects in chest deep water, rhythmic breathing, flutter kick on front/back, back crawl arm action, combined stroke front/back using kick/arm movements (5 yards) and much more.

Level III: Stroke Readiness

Price: \$40(member)

\$50(non-member)

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

Students will experience the following: retrieve object with eyes open and no support, front/back glide w/ push off (2 body lengths), elementary backstroke (10 yards) tread water, coordinate back crawl and much more.



Level IV: Stroke Development

Price: \$40(member)

\$50(non-member)

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

Students will experience the following: Deep water bobbing, rotary breathing, turning at the wall, sculling on back (5 yards), front/back crawl (25 yards), basics of sidestroke (10 yards), basics of Breaststroke (10 yards) become familiar with CPR and much more.

Level V: Stroke Refinement

Price: \$40(member)

\$50(non-member)

Purpose: To continue stroke refinement while introducing the butterfly and surface dives.

Students will experience the following: alternate breathing, stride jump entry, long shallow dive, underwater swimming (3 body lengths), butterfly/dolphin kick (10 yards), open turn on front/back, feel first surface dive and much more.

Level VI: Skill Proficiency

Price: \$40(member)

\$50(non-member)

Purpose: To polish strokes so students can swim with more ease, efficiency, power and smoothness over greater distances.

Students will experience the following: approach and hurdle, approach stroke (25 yards), sidestroke turn, flip turn for front crawl, throwing rescue, pike/tuck surface dive and much more.

