

# Swimming Lessons

## Price:

Members - \$50.00

Program Members - \$65.00

## Registration:

- Registration for Spring 2008 classes begins on December 1, 2007.
- Registration ends 5 days before lessons begin.

## Spring Lessons:

Lessons are held on Tuesdays and Thursdays for one month which totals eight lessons. Each lesson lasts 45 minutes and you can choose between the following times:

- 5:00-5:45 pm (fitness pool)
- 6:00-6:45 pm (fitness pool)

## Sessions:

January 8-31

February 5-28

March 4-27

April 1-24

\* Private swim lessons are \$20 for a 30-minute session. Payment is due before the lesson. The instructor will contact the student to set up a lesson convenient for both the instructor and the student.



## CPR & FIRST AID

### Price:

Members - \$50.00

Program Members - \$65.00

### Registration:

- Registration ends the Friday before each class.

### Classes:

Classes are held the first Saturday of every month from 10:00 am - 3:00 pm.

\* Class dates are subject to change

\*Our Classes are by the **American Heart Association** and is not intended for Health-care Providers.



# Lifeguarding

## Price:

Members - \$155.00

Program Members - \$170.00

## Registration:

- Begins December 1, 2008
- Registration ends 5 days before the class begins.

## Classes:

- December 26- 28 & January 2-4, 2007  
9:00 am-5:00 pm
- February 7-9 and 15-17, 2008
- Th: 5:00-9:00pm, Fri: 5:00-9:00 & Sat:9-5
- March 12 - 16, 2008 9:00 am - 5:00 pm
- April 12 - 14 and 19 - 2, 2008 Th: 5:00-9:00, Fri: 5:00 - 9:00 & Sat: 9:00 - 5:00
- May 10 - 12 and 17 - 19, 2008 Th: 5:00 - 9:00, Fri: 5:00 - 9:00 & Sat: 9:00 - 5:00
- June 4 - 8, 2008 9:00 am - 5:00 pm

## Prerequisites:

- Must be 16 years of age by the time the class ends.
- Swim 500 yards
- Tread water for 2 minutes
- Swim under water for 15 feet
- Perform a long and shallow dive.

## Requirements for certification:

- Full participation of the course.
- 80 % or higher on written test.

## Main Inside Heading



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graphic of a product or service.

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### Price List

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Primary Business Address  
Your Address Line 2  
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Your Address Line 4

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Email: xyz@microsoft.com