



# Swim Lessons



## **NEW THIS SUMMER:**

**CHOOSE WHAT'S BEST FOR YOUR FAMILY!**

**SINGLES, DOUBLES OR TRIPLES!**

**ALSO NEW! Preschool Level 2 for Ages 3 and 4**

**NOW OFFERING 6 Week Sessions with 35 minute lessons.**

**Offering a shorter time commitment!**

### **ONLINE REGISTRATION**

**OPENS MONDAY, JUNE 18TH FOR MEMBERS  
AND THURSDAY, JUNE 21ST FOR NON-MEMBERS**

Register online at  
[www.theworkshealthclub.com/swimlessons](http://www.theworkshealthclub.com/swimlessons)  
Need assistance?  
Call 742-2163 x741

*Get the most out of Red Cross swim lessons with the Swim App. Created as a companion to the newly-updated Learn-to-Swim program (including Preschool Aquatics), this app will help you keep your swimmer motivated, while providing you the latest in water safety guidance to help ensure your family stays safe in, on and around the water. Download the app by texting "SWIM" to 90999 or search "Red Cross Swim" in the Apple App Store, Google Play or on the Amazon Marketplace.*

## SINGLES (ONCE-PER-WEEK: 6 WEEKS)

### Monday AM (7/16-8/20)

9:00-9:35 Level 3, Preschool 1  
9:40-10:15 Preschool 2, Preschool 1  
10:20-10:55 Level 1, Level 2

### Wednesday AM (7/18-8/22)

9:00-9:35 Preschool 1  
9:40-10:15 Preschool 2  
10:20-10:55 Level 2

### Friday AM (7/20-8/24)

9:00-9:35 WD, Preschool 1, Preschool 2  
9:40-10:15 PC, Preschool 1, Preschool 2  
10:20-10:55 Level 2

### Friday Evening (7/20-8/24)

6:00-6:35 Level 4x2  
6:35-7:30 Level 5x2 (50 Min)

### Saturdays (7/21-8/25)

8:45-9:25 Preschool 1, Preschool 2, Level 4  
9:30-10:05 PC, Preschool 1, Level 1, Level 2  
10:10- 10:45 WD/P, Preschool 2, Level 1, Level 3  
10:50-11:25 PC, Level 2, Level 1, Level 4

### Tuesday PM (7/17-8/21)

4:15-4:50 WD, Level 3  
4:55-5:30 PC, Preschool 2  
5:35-6:10 Level 1, Level 2  
6:15-6:50 Level 3  
6:15-6:50 Adult intermediate  
7-8 pm Masters

### Thursday PM (7/19-8/23)

4:15-4:50 WD, Level 1  
4:55-5:30 Level 2, Preschool 1  
5:35-6:10 Level 1, Level 2  
6:15-6:50 Level 3  
6:15-6:50 Adult Beginners  
7-8 pm Masters



## DOUBLES (TWICE-PER-WEEK)

### Tuesday & Thursday Sessions

3rd Session 7/17-8/2  
4th Session 8/7-8/23

#### Morning

9:00-9:35 Preschool 1  
9:40-10:15 Preschool 2  
10:20-10:55 Level 2, Level 1

#### Evening

4:15-4:50 Preschool 1, Level 2  
4:55-5:30 Level 1, Level 3  
5:35-6:10 Level 2, Preschool 2

## TRIPLES (THREE-TIMES-PER-WEEK)

### Tuesday | Wednesday | Thursday

2nd Session 6/19-6/28  
3rd Session 7/3-7/12  
3rd Session 7/3-7/12  
4th Session 7/17-7/26  
5th Session 7/31-8/9

#### Morning

9:00-9:35 Preschool 1  
9:40-10:15 Preschool 2  
10:20-10:55 Level 2, Level 1

#### Evening

4:15-4:50 Preschool 1  
4:55-5:30 Preschool 2  
5:35-6:10 Level 2, Level 2

## Lesson Pricing

### Parent/Child (PC), Water Drop w/Parent (WD w/P) Level 3, Level 4, Adult Beginner

Members \$67.00  
Non-Members \$101.00

### Level 1, Preschool Level 1 & Level 2

Members \$74.00  
Non-Members \$108.00

### Level 5: 45 Minutes

Members \$98.00  
Non-Members \$134.00

### Level 6: 1 Hour

Members \$115.00  
Non-Members \$145.00

### Masters Swim (Coached Training ages 14+)

Members FREE  
Non-Members \$146.00

See website for Level Description and Important Information.  
Register online at [www.theworkshealthclub.com/swimlessons](http://www.theworkshealthclub.com/swimlessons)