

2024 Swim Lesson Program

Sign - ups available on April 1st, 2024 at 10 am

www.boisetennis.com / Pool Page

Space is limited

- Lessons are available for ages three and up.
- Children are grouped by age and ability.
- Eight 30 minute classes are offered in two week sessions, Monday-Thursday.

Levels/Times:

Sessions - 8 classes per session

Session 1 June 10th – June 20th

Session 2 July 8th – July 18th

* more sessions may be added later in the summer

Level 3	10:00 - 10:30 a.m.
Level 2	10:30 - 11:00 a.m.
Level 2	11:00 - 11:30 a.m.
Level 1	11:30 - 12:00 p.m.
Level 1	12:00 - 12:30 p.m.

See back for levels....

Price per session:

BRSC Shareholder, Shareholder Grandchild,

Social, Year-Round Fitness Members: **\$75 per session**

Non-Members: **\$125 per session**



For questions contact Ryan Aja:

pool@boisetennis.com

Skills swimmers will be working on at each level.

Level 1 (swim diapers are required for ages 3 and under)

Water entry and exit

Submerge face/Blowing Bubbles

Retrieving objects underwater

Open eyes under water

Front/Back float

Front/Back arm movements

Front/Back kicks

Front/Back combined movement

Level 2

Water entry and exit

Submerge entire head

Retrieve objects

Front/Back float

Front/Back glide

Change direction while swimming

Level 3

Water entry and exit

Sit/Kneel dive*

Submerge and retrieve objects

Rotary breathing

Glides with kicks

Front/Back glides

Tread water

Front/Back crawl

*Depending on shared pool space with the BRSC Sharks Swim Team.