

2020 Swim Lesson Program

For questions or to sign up contact Ryan Aja:

pool@boisetennis.com 208-376-1052

- 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.

Sessions - 8 classes per session

___ Session 1	June 8 – June 18
___ Session 2	June 22 – July 2
___ Session 3	July 6 – July 16
___ Session 4	July 20 – July 30
___ Session 5	Aug 3 – Aug 13

Levels/Times:

Level 4	9:00 - 9:30 a.m.
Level 3	9:30 - 10:00 a.m.
Level 2	10:00 - 10:30 a.m.
Level 2	10:30 - 11:00 a.m.
Level 1	11:00 - 11:30 a.m.
Level 1	11:30 - 12:00 p.m.

See back for levels....

Price per session:

BRSC Members:	\$50.00 per session
Non-Members:	\$60.00 per session

Private Lessons: Only Offered Weekdays Noon-1pm

	Four	Eight
BRSC Members	\$75.00 (30 minutes)	\$150.00 (30 minutes)
Non Members	\$87.00 (30 minutes)	\$174.00 (30 minutes)



Child's Name _____ Child's Age _____

Session # _____ Level # _____ Time _____

Parent's/Guardian's Name _____ Cell Number _____

Email _____

Address _____ City _____ Zip _____

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

Level 4

Compact/Stride dive*
Feet-first dive*
Front/Back float
Front/Back crawl
Breaststroke
Butterfly
Elementary
Side Stroke

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