



### STROKE CLINICS

Join us this Fall for an all inclusive stroke clinic to keep your stroke technique sharp during the off season. Classes are limited to the first 12 to register. Class format for four week session will include one week each of freestyle, backstroke, breast/fly combined and starts and turns.

# Location: Bob L. Burger Recreation Center Pool

**SESSION A: 9/3-9/26** 

Code	R/NR	Day	Time	Age
343040-A	\$30/\$40	Tue	4:45-5:30pm	6-10 yrs
343041-A	\$30/\$40	Tue	5:40-6:25pm	11-18 yrs
343042-A	\$30/\$40	Thu	4:45-5:30pm	6-10 yrs
343043-A	\$30/\$40	Thu	5:40-6:25pm	11-18 yrs

## SESSION B: 10/1-10/24

Code	R/NR	Day	Time	Age
343040-В	\$30/\$40	Tue	4:45-5:30pm	6-10 yrs
343041-B	\$30/\$40	Tue	5:40-6:25pm	11-18 yrs
343042-B	\$30/\$40	Thu	4:45-5:30pm	6-10 yrs
343044-B	\$30/\$40	Thu	5:40-6:25pm	11-18 yrs

## SESSION C: 10/29-11/21

Code	R/NR	Day	Time	Age
343040-C	\$30/\$40	Tue	4:45-5:30pm	6-10 yrs
343041-C	\$30/\$40	Tue	5:40-6:25pm	11-18 yrs
343042-C	\$30/\$40	Thu	4:45-5:30pm	6-10 yrs
343043-C	\$30/\$40	Thu	5:40-6:25pm	11-18 yrs

## SESSION D: 12/3-12/19 (3 WEEKS)

Code	R/NR	Day	Time	Age
343040-D	\$23/\$33	Tue	4:45-5:30pm	6-10 yrs
343041-D	\$23/\$33	Tue	5:40-6:25pm	11-18 yrs
343042-D	\$23/\$33	Thu	4:45-5:30pm	6-10 yrs
343044-D	\$23/\$33	Thu	5:40-6:25pm	11-18 yrs



#### LIFEGUARD PRE-TRAINING

Have you always wanted to be a lifeguard but wasn't sure if you have what it takes? Then the BBRC has the class for you! You'll be able to practice all the skills necessary to get ready for the lifeguard training course including the 300 yard swim of breaststroke or freestyle, treading water for 2 minutes without your hands, and getting a 10 pound brick from the bottom in 10 feet of water with a certified instructor. The class is twice a week and is offered two weeks before each lifeguard training course. This is an optional class for participants who are interested in practicing those skills necessary to take lifeguard training.

Code	R/NR	Day	Time	Date
343002-A	\$20	Tues/ Thurs	4:00-4:45 pm	12/10, 12/12, 12/17, 12/19

### LIFEGUARD TRAINING

The American Red Cross Lifeguard class includes CPR/AED for the professional rescuer, all you need to become a certified Lifeguard! You must attend every class to receive an American Red Cross Certification.

Location: Bob L. Burger Recreation Center.

**PRE-REQUISITES:** 15 years of age by the end of the class, swim 300 yds utilizing front crawl and breast-stroke and swim 20 yds, surface dive to 10 ft. to retrieve a 10 lb. brick from pool bottom, return to surface and swim 20 yds. back with the brick.

Code	R/NR	Day	Time	Date
343000-A	\$170/\$195	Daily	9 am-4 pm	12/26-12/30

### **TEEN SWIM LESSONS AGES 11+**

This class is for teenagers who want to build confidence in their swimming skills along with other participants their age. Participants will work in a group setting with individualized attention from a certified instructor to help meet your goals.

Code	R/NR	Day	Time	Date
343100-A	\$45/\$55	Tues/Thurs	5:35- 6:05 pm	9/3-9/26
343100-В	\$45/\$55	Tues/Thurs	5:35- 6:05 pm	10/1-10/24
343100-C	\$45/\$55	Tues/Thurs	5:35- 6:05 pm	10/29-11/21
343100-D	\$35/\$45	Tues/Thurs	5:35- 6:05 pm	12/3-12/19 (3 weeks)

