



HealthPoint Fitness LEARN-TO-SWIM Summer 2009

KIDS BEGINNER LESSONS

(American Red Cross Levels 1 & 2)

Level 1: Class time is spent on water adjustment, floating, kicking, arm strokes and water safety. (must be 3 yrs old)

Level 2: Students learn the fundamentals of front and back crawl, turning over while floating, and water safety.

June 2-25 Tue. & Thur. 2:30-3:10 p.m.

June 1-16 Mon., Tue., Thur. 6:00-6:40 p.m.

June 22-July 7 Mon., Tue., Thur. 6:00-6:40 p.m.

June 30-July 23 Tue. & Thur. 3:00-3:40 p.m.

July 13-28 Mon., Tue., Thur. 6:00-6:40 p.m.

KIDS INTERMEDIATE LESSONS

(American Red Cross Levels 3 & 4)

Level 3: Works on refinement of front & back crawl and swimming endurance. Also includes intro. to butterfly kick, front dives, treading water & safety skills.

Level 4: Works on refinement of skills, learning breast-stroke, butterfly, elementary backstroke & increasing endurance.

June 2-25 Tue. & Thur. 1:30-2:10 p.m.

June 1-16 Mon., Tue., Thur. 6:30-7:10 p.m.

July 13-28 Mon., Tue., Thur. 7:00-7:40 p.m.

WATER BABIES

Parent & Child Aquatics gives parents information and techniques to help orient their children to the water and to supervise water activities in a safe manner.

June 23-July 16 Tue. & Thur. 5:30-6:00 p.m.

June 30-July 23 Tue. & Thur. 2:15-2:45 p.m.

ADULT LESSONS

Our goal is to help participants, 18 or older, gain confidence in the water, build swimming endurance, and learn proper stroke techniques.

June 22-July 7 Mon., Tue., Thur. 7:00-7:40 p.m.

**Must be at least 4 people signed up & paid for class to be held.*

**Make-up's are not permitted, unless cancellations are due to weather.*

2126 Independence St.
Cape Girardeau, MO 63703

Phone: 573-986-4468

Fax: 573-339-7152

E-mail: aschremp@sehosp.org

Cost for group classes:

\$53.00 for members

\$70.00 for non-members

PRIVATE & SEMI-PRIVATE

SWIM LESSONS

Private/ Swimming lessons consists of one-on-one training to improve skills in a tailored program just for you or your child.

PRIVATE

Member:

\$20 for 30min.

\$35 for 60min.

\$85 for 5x30min.

\$170 for 10x30min

Non Member:

\$30 for 30min.

\$45 for 60min.

\$125 for 5x30min.

\$225 for 10x30min.

SEMI-PRIVATE

Member:

\$230 for 10x30

(up to 3 participants)

Non Member:

\$250 for 10x30



