

## The Berkeley Swim School - Winter 2021

Monday January 4 - Saturday March 27

All Classes are 45 minutes

Fee: \$480.00

Level I is for 6 months - 5 years with a parent. All ages will be working on age appropriate skills with their parent. This will include blowing bubbles, floating on the front and back, as well as arm strokes.

Tuesday: 4:30

Thursday: 5:30

Saturday: 9:00am, 11:00am

Level II is for ages 5 - 7 years old without a parent. Activities will include strong kicking on front and back, bilateral breathing, freestyle, breaststroke kicking, fly kicking and front somersaults.

Monday: 3:30, 4:30, 5:30

Tuesday: 3:30, 4:30, 5:30

Wednesday: 3:30, 4:30, 5:30

Thursday: 3:30, 4:30

Saturday: 9:00, 10:00, 11:00, 12:00noon

Level III is for ages 8 - 11 years old. Activities will include freestyle and backstroke demonstrating a propulsive kick, bilateral breathing, breaststroke kicking, fly kicking, front somersaults, and drills for breaststroke and fly.

Monday: 4:30, 5:30

Tuesday: 5:30

Wednesday: 4:30

Thursday: 3:30, 5:30

Saturday: 12:00noon, 1:00