

FALL 2021



SWIM SCHOOL

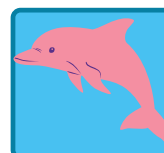
REGISTRATION



Level 1
CRABS



Level 3
TURTLES



Level 5
DOLPHINS



Level 2
SEAHORSES



Level 4
SHARKS



PRE-COMP
ORCAS

Mon/Wed or Tues/Thurs PM Lessons

2/30-minute classes for 4 weeks

Level 1 - Crabs Level 2 - Seahorses

5:30 PM

6:05 PM

6:40 PM

7:15 PM

Level 3 - Turtles Level 4 - Sharks

6:05 PM

5:30 PM

7:15 PM

6:40 PM

Level 5 - Dolphins

7:45 PM

Saturday AM Lessons

1/40-minute classes for 6 weeks

Level 1 - Crabs Level 2 - Seahorses

9:00 AM

9:00 AM

Level 1/2 Combo Level 3 - Turtles

9:50 AM

9:50 AM

Level 3/4 Combo Level 4/5 Combo

9:00 AM

9:50 AM

Saturday/Sunday Pre-Comp Lessons

1/60-minute classes for 6 weeks

Pre-Comp

11:00 AM

Group Lesson Session Dates

Monday/Wednesday PM

Fall 1: September 8 - September 29

Fall 2: October 4 - October 27

Fall 3: November 1 - November 24

Tuesday / Thursday PM

Fall 1: September 7 - September 30

Fall 2: October 5 - October 26

Fall 3: November 2 - November 25

NO CLASS on THURSDAY 11/25

Saturday AM

Fall 1: September 4 - October 9

Fall 2: October 16 - November 20

Registration is on a first-come, first-serve basis. Class schedules may change based upon demand. You will be notified by phone or e-mail if your class time has changed or been canceled. Please bring your own suit and towel to every lesson. ALL FEES ARE NON-REFUNDABLE. REGISTRATION CANNOT BE PROCESSED WITHOUT PAYMENT.

TO REGISTER VISIT WWW.GOLDSAQUATICSClub.COM



SWIM SCHOOL

GOLD'S GYM WOODINVILLE

Gold's Gym Woodinville offers a high quality year round swim program. Our goal is to provide a positive learning environment for all ages, in a safe and fun manner. Our lessons emphasize water safety, stroke technique, and progresses to endurance training.

Our swimmers will gain self confidence, while learning the important life skills of water safety. All classes will be instructed by qualified and enthusiastic staff. Every swimmer will be individually assessed at the end of each session.

We look forward to being a part of every swimmer's success!

LEVELS OF INSTRUCTION



Level 1

CRABS: Swimmers ages 3 and up; they will learn water adjustment, blowing bubbles, bobs, front and back float, and straight leg kicks.



Level 2

SEAHORSES: Swimmers able to do previous level skills; they will learn streamline front and back glides, front and back torpedoes, crawl stroke, backstroke, side-glide kick, bringing objects up from the bottom and flip and float.



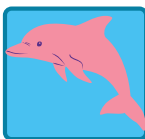
Level 3

TURTLES: Swimmers able to do previous level skills; they will learn crawl stroke with side breathing, freestyle, backstroke, breaststroke kick, elementary backstroke, bilateral breathing, dolphin kick and treading water.



Level 4

SHARKS: Swimmers able to do previous level skills; they will learn freestyle, backstroke breaststroke, elementary backstroke, butterfly, sidestroke, and the diving progression.



Level 5

DOLPHINS: Swimmers able to do previous level skills; this level is to work endurance and stroke refinement in addition swimmers will learn turns for all four strokes.



PRE-COMP

ORCAS: This level is a pre-competitive swim school for novice level swimmers wishing to enhance or maintain stroke technique, conditioning and introduction to competitive skills.

TO REGISTER VISIT WWW.GOLDSAQUATICSClub.COM