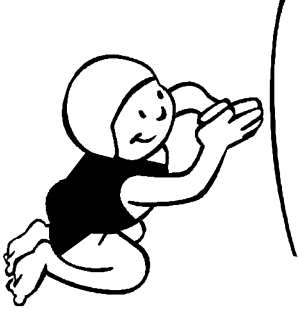


Westview Summer Swim Lessons

13500 Camino Del Sur
(858) 780-2000 ext. 3085

www.westviewwolverines.com



Session 1	June 15-June 26	\$65.00
Session 2	June 29- July 10	\$65.00
Session 3	July 13-July 24	\$65.00

Swim lessons are Monday through Friday for 2 weeks.

Morning Lessons

9:00-9:35 Beg Preschool, Adv Preschool, Level 3, Level 4
9:40-10:15 Beg Preschool, Adv Preschool, Level 1, Level 2
10:20-10:55 Beg Preschool, Adv Preschool, Level 2, Level 3
11:00-11:35 Beg Preschool, Adv Preschool, Level 4, Level 1
11:40-12:15 Beg Preschool, Level 2, Level 5/6
Beg Dive

Afternoon Lessons

3:00-3:35 Beg Preschool, Adv Preschool, Level 1, Level 2, Level 3
3:40-4:15 Beg Preschool, Adv Preschool, Level 3, Level 4, Level 5
4:20-4:55 Beg Preschool, Adv Preschool, Level 1, Level 2, Level 3
5:00-5:35 Beg Preschool, Adv Preschool, Level 4, Level 5, Level 6
5:40-6:15 Beg Preschool, Adv Preschool, Level 1, Level 2, Level 3
6:20-6:55 Level 2, Level 3, Level 4

Swim lesson sign ups May 19, 2009 from 4:00-7:30 pm at the pool.

Please make checks payable to PUSD. No cash or credit cards.

Walk-in signups begin May 21 from 3:30-7:00 pm, Monday through Thursday.

To ensure participant's safety, all parents must sit in the bleachers during their child's lesson.
No refunds, no make-ups, no credits.

Beginning Preschool (ages 3-5) is designed for those swimmers who have little or no exposure to the water. In this class they will learn breath control, arm and leg movements. In addition your little student will be introduced to Water Safety while building a foundation of basic water skills as well.

Advanced Preschool (ages 3-5) is designed for those swimmers that are comfortable in the water and who have basic water skills. In this class, the focus will include stroke technique and endurance enhancements as well as Water Safety.

Level 1 (ages 6-12) is an introduction to Water Skills. The purpose of this level is to assist swimmers feel comfortable in the water and provide them with the basic foundations while learning to swim. This class is designed for swimmers with little or no exposure in an aquatic environment.

Level 2 (ages 6-12) provides fundamental aquatic skills for swimmers that are comfortable in the water and have basic water skills. In this class, the swimmer will be exposed to stroke technique which emphasizes the front crawl, back crawl, and introduction of other skills. Endurance enhancement will also be an integral part of this level.

Level 3 (ages 6-12) emphasizes stroke development which builds on the skills of level 2. The instruction in this level provides additional practice with the introduction of the butterfly kick and motion, diving from the deck, and reinforcement to develop confidence in their stroke as well as endurance.

Level 4 (ages 6-14) emphasizes stroke improvement in the front and back crawl, elementary backstroke, breaststroke, butterfly and scissors kick for the sidestroke. Other aquatic skills introduced are open turns, swimming underwater, and performing shallow dives.

Level 5 (ages 8-14) emphasizes stroke refinement that provides further coordination and refinement of strokes. Students in this class will learn new skills such as front and back flip turns, pike surface dive, treading water with two different kicks. In addition, sidestroke will be introduced as well as refining previous learned skills.

Level 6 (ages 10-14) refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances. This class prepares your students for more advanced classes such as Lifeguard Training and Water Safety Instructor.

Beginning Dive (ages 6-14) this class is designed to introduce students to basic diving skills and safety skills.