

Ithaca Swimming Club Summer 2010 Swim Lesson and Swim Team Information

Swim Lessons

The swim lesson program will run in six weekly sessions beginning June 28. Participants are divided into groups according to abilities; the usual group size is around 5. Lessons are held Monday through Thursday and are 30 minutes each. *Please note:* for the 2010 season, free swim lessons are offered to Swim Club members during Session 1 (June 28 to July 1).

Dates: Weekly sessions from June 28 through August 5 – see registration form for details

Time: 30 min. lessons between 10:00am and 12:00 noon

How to Register: Registration forms available at www.ithacaswimclub.org or at Swim Club front desk.

Fees: Session 1: Members, Free; Non-members, \$30/session

Sessions 2-6: Members, \$20/session; Non-members, \$30/session

Private Lessons

Private lessons can be scheduled with swim club instructors. The fee \$15 per ½ hour lesson.

Club Swim Team

This will be our 10th year offering a Club Swim Team. The program is designed for children who can swim but have little or no competitive experience. Coaches will work to improve stroke technique, teach flip-turns and basic interval training. They will stress team-work and cooperation with an emphasis on fun. This program is free for swim club members.

Dates: Mondays, Wednesdays, and Fridays, June 28 through August 6

Time: Appx. 12:00noon – 1:00pm

How to Register: Sign up at the front desk.

Fee: Members, Free; Non-members, \$75

Participants are not required to attend all sessions.

For more information, please call Kevin Markwardt at 539-6288.

www.ithacaswimclub.org