

Parent & Tot Instructional Swim
Ages 4 and under

(Parent Participation Required)

This 45 minute class helps your child feel comfortable in the water. Teach your child water safety skills, improve their motor skills associated with swimming while having fun and singing songs.

Session I Saturdays 10:30-11:15am
June 5 – June 26 (4 Classes)

Session II Saturdays 10:30-11:15am
July 10- July 31 (4 Classes)

Cost: Members - \$24 per session
Non-members - \$ 36 per session

Drop In Cost: Members - \$9.00 per lesson
Non-Members - \$12.00 per lesson

Jr. Swim Fit Class

Ages 6-14 years

This class will give your child the opportunity to swim in a group environment, focusing on stroke development, breathing techniques, and swimming endurance. This class is for children who are comfortable in the water and will be excellent in swim team training.

Please note: Swim Fit is designed for efficient swimmers

April 6 – July 31
Tuesdays & Thursdays
4:15 – 5:15pm

Cost: Members - \$45.00 per month
Non-Members - \$70.00 per month

* Club use exclusive to members only.

Registration Form

Parent/Guardian: _____

Participant's Name: _____

Address: _____

City, St. Zip: _____

Home Phone: _____

Cell Phone: _____

Member

Non Member

Class Name _____

(Swim Fit, Parent/Tot)

(Swim Lessons: private, semi private or group)

Ability Level: (circle)

Beginning

Intermediate

Advanced

Session: _____ **Time:** _____

Total Fees: _____



Millennium SportsClub
4242 SportsClub Drive
Shingle Springs, CA 95682
(530) 677-5705 EXT. 1801

Private Swim Lessons

30 minute - 1 on 1 lesson

Cost: Members - \$20 per lesson

Non-members - \$ 25 per lesson

Semi-Private Swim Lessons

30 minute - 2 swimmers per lesson

Cost: Members - \$15 per lesson

Non-members - \$ 20 per lesson

Group Swim Lessons

30 minute – 3-5 swimmers per lesson

Cost: Members - \$36 per session

Non-members - \$ 48 per session

Session #1 June 1- June 4

Session #2 June 7- June 10

Session #3 June 14-June 17

Session #4 June 21- June 24

Session #5 June 28- July 1

Session #6 July 5- July 8

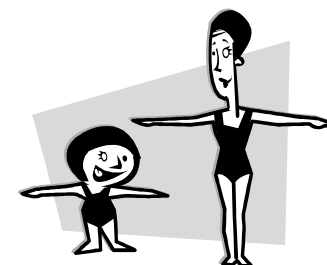
Session #7 July 12- July 15

Session #8 July 19- July 22

Session #9 July 26- July 29

Session #10 August 2- August 5

Choose Time: 1:30, 2:00, 2:30,
3:00, 3:30, 4:00 or 4:30



* No make-up or refunds on swim lessons

Aquatics Director Miss Susie is a certified Water Safety Instructor, & Master Swimmer. Previously, Susie taught at Bosio's Sports Complex, teaching swimming according to the American Red Cross standards. Susie is First Aid and CPR certified.



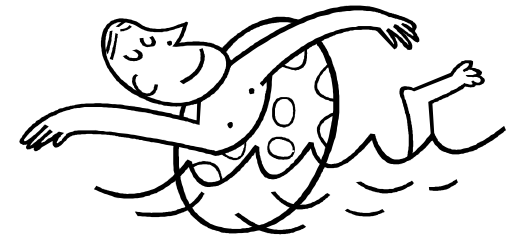
“Swim Safe!”

***Any Questions Call
Susie Keema
(530) 677-5705
Ext. 1801**



MILLENNIUM SPORTSCLUB

Presents



Swim Lessons

2010

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