



## NOW MORE FAMILY SWIM TIMES!

With the addition of the new locker rooms we now have more space for little ones to change. This allows us to offer more Family Swim

times! Family Swim is a recreational time that is offered in the warm indoor pool to all members free of charge. Children under 14 must be accompanied by an adult.

### New Hours:

5:30-8:30 M/W/F

10-3– Sat. & Sun

## What class level should I put my child in?

*The following are only guidelines to help determine your Childs placement*

### Level 1 (age 3-4)

If this is your Childs first time in a lesson or if they still hesitate about putting their face in the water.

- **Level 1+ (age 3-4)**

If your child has already taken level 1 and/or if they are comfortable in the water and can blow bubbles and kick their feet with assistance.

- **Level 2- (age 3-5)**

If your child has already taken level 1 and/or can kick on their front with their face in the water for 2-3 feet unassisted.

- **Level 2 (age 4-5)**

If your child has already taken level 1 and /or can kick on their front while blowing bubbles 4-5 feet unassisted. Also, being comfortable on their back is helpful.

### Level 2+ (age 4-7)

If your child can do all of level 2 **AND** do front arm strokes or if you child needs to be in a class with older kids.

- **Level 3 (age 5-7)**

If your child can swim on their front using arm strokes and getting a breath for at least 40feet. They must also be able to swim on their back using arm strokes for 40 feet.

- **Level 3+ (age 6+)**

If your child can swim the length of the large pool (25 yards) using crawl stroke and one length using back stroke. If you child has a basic understanding of the strokes and needs to wok on endurance.



A community of fitness, family, and fun.



**TIMBERHILL**  
ATHLETIC CLUB

## Aquatics School year 09/10



Contact

Shannon Brown or  
Anna Marie Ulrich @  
Timberhill Athletic Club

Tel: 541-757-8559

## Swim Lessons at Timberhill

### Group swim lessons:

Group lessons are offered at Timberhill year round. Classes are available for all ability levels. Children must be at least 3 years old for group lessons. Sessions are offered 2 times a week for 7 weeks. Each class meets for 30 minutes.

There are 4 or fewer students



in each group class.

All of our teachers love to teach and it shows.

### PRIVATE LESSONS:

Timberhill also offers private and semi-private lessons throughout the year. This is a great way to jump start your child's learning with that one on one attention. We design these lessons to fit your schedule. Take as many or as few as you want, no commitment.

## Lesson Start Dates

*September 14th & 15th*

*November 2nd & 3rd (6 weeks)*

*January 4th & 5th*

*February 22nd & 23rd*

*April 19th & 20th*

*\$70.00 for members*

*\$85.00 for non-members*

**Summer sessions start June 21st**

### Private lessons

*\$15.00 for members*

*\$20.00 for non-members*

### Semi Private Lessons

*\$20.00 for members*

*\$25.00 for non members*



### Water Babies

### Water Kids

This class is offered to children ages 6 months to 3 years, and their parents. We sing songs and play games to teach the basics of water adjustment, safety, and swimming techniques. The cost is \$45.00 for the 9 weeks. It's a fun way to cool off from the summer heat and to teach your child a life long activity at the same time.

**This class is offered  
Friday nights @6pm**

### KIDS SWIM WORKOUT

This is a non competitive lap swimming class held in the big pool. It is free to club members who are able to swim at least one lap in the big pool. We practice proper stroke technique, learn about fitness swimming, and have fun while meeting new friends. No sign-up required drop in anytime!

**This class is offered  
M/W 4-4:45**