

“Just Keep Swimming”



Now offering Learn-to-Swim levels 1-4 as well as Stroke Refinement clinics.

All offerings include:

- ◆ Red Cross Certified instructors
- ◆ Swimming & Water safety skills
- ◆ Small class size 6:1 ratio (lessons)

Lessons:

\$65 for members; \$80 non-members

Clinics:

\$15 per clinic; \$150 for 12 (members); \$165 for 12 (non-members)

Register at the membership desk.

Questions?

Please call Suzy Munnis at 304-876-5440 or
email at jmunnis@shepherd.edu

Group Swimming Lesson Class Schedule

Tuesday/Thursday Evening Class Offerings

January 10-February 2, 2012 (8 classes)

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|------------|---------------|-----------------------|
| Tues/Thurs | 5:30pm-6:00pm | Learn-to-Swim Level 1 |
| Tues/Thurs | 5:30pm-6:00pm | Learn-to-Swim Level 2 |
| Tues/Thurs | 6:15pm-6:45pm | Learn-to-Swim Level 3 |

January 10- January 26, 2012 (6 classes)

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| Tues/Thurs | 6:15pm-7:00pm | Learn-to-Swim Level 4 |
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February 14- March 8, 2012 (8 classes)

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| Tues/Thurs | 5:30pm-6:00pm | Learn-to-Swim Level 1 |
| Tues/Thurs | 5:30pm-6:00pm | Learn-to-Swim Level 2 |
| Tues/Thurs | 6:15pm-6:45pm | Learn-to-Swim Level 3 |

February 14- March 1, 2012 (6 classes)

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| Tues/Thurs | 6:15pm- 7:00pm | Learn-to-Swim Level 4 |
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March 27- April 19 (8 classes)

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| Tues/Thurs | 5:30pm-6:00pm | Learn-to-Swim Level 1 |
| Tues/Thurs | 5:30pm-6:00pm | Learn-to-Swim Level 2 |
| Tues/Thurs | 6:15pm-6:45pm | Learn-to-Swim Level 3 |

March 27- April 12 (6 classes)

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| Tues/Thurs | 6:15pm-7:00pm | Learn-to-Swim Level 4 |
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Saturday Class Offerings

January 14- February 18, 2012

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| Saturdays | 9:30am-10:15am | Learn-to-Swim Levels 2-4 |
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March 3- March 31, 2012

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| Saturdays | 9:30am-10:15am | Learn-to-Swim Levels 3-4 |
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SHEPHERD UNIVERSITY *Wellness Center*

Swim Clinic Schedule

Session 1 January 8- February 12, 2012

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| Sundays | 3:00pm- 4:00pm | Stroke Refinement with Competitive Stroke Mechanics |
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Session 2 March 18- April 29, 2012

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| Sundays | 3:00pm-4:00pm | Stroke Refinement with Competitive Stroke Mechanics |
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* Stroke Refinement - Swimmers will receive instruction for competitive strokes

* Competitive Stoke Mechanics - Swimmers will practice starts, turns and perform swim workouts.