

NORTHWEST AERIALS SWIM SCHEDULE

MAY, JUNE, JULY & AUGUST 2009

12440 128TH LANE, NE*KIRKLAND*(425)823-2665

Welcome to Northwest Aerials swim program!! We are excited to be offering our sixteenth summer of swim lessons as well as private lessons and birthday parties. If you have any questions, please don't hesitate to ask or call (425)823-2665. We look forward to seeing you at the pool.

Session #1: May 4th-29th

Session #3: July 6th-30th

Session #2: June 1st-25th

Session #4: August 3rd-27th

(No class Monday May 25th-Classes will be Friday May 29th at regular class time)

****Make Up Policy:** Make ups will be done in gymnastics classes only. There will be NO SWIM MAKE UPS FOR MISSED SWIM CLASSES. Make ups for missed swim classes must be pre-scheduled through the office and need to be completed by August 29th, 2009.

MAY & JUNE (Session #1 & #2)

Monday & Wednesday

9:30-10:00am Super Aqua Kids/Beginning
10:00-10:30am Super Aqua Kids
10:30-11:00am Super Aqua Kids
11:00-11:30am Super Aqua Kids/Beginning
11:30-12:00pm Super Aqua Kids/Beginning
12:00-12:30pm Super Aqua Kids

Monday & Wednesday

3:30-4:00pm Super Aqua Kids
4:00-4:30pm Beginning
4:30-5:00pm Super Aqua Kids/Beginning
5:00-5:30pm Super Aqua Kids
5:30-6:00pm Super Aqua Kids
6:00-6:30pm Super Aqua Kids
6:30-7:00pm Adv Beginning/Intermediate

Tuesday & Thursday

9:30-10:00am Super Aqua Kids
10:00-10:30am Super Aqua Kids/Beginning
10:30-11:00am Super Aqua Kids
11:00-11:30am Super Aqua Kids
11:30-12:00pm Super Aqua Kids
12:00-12:30pm Super Aqua Kids/Beginning
12:30-1:00pm Super Aqua Kids

Saturdays

9:30-10:00am Super Aqua Kids
10:00-10:30am Beginning
10:30-11:00am Super Aqua Kids/Beginning
11:00-11:30am Super Aqua Kids/Beginning
11:30-12:00pm Super Aqua Kids

JUNE (Session #2)

Tuesday & Thursday

3:30-4:00pm Super Aqua Kids/Beginning
4:00-4:30pm Super Aqua Kids
4:30-5:00pm Beginning
5:00-5:30pm Super Aqua Kids
5:30-6:00pm Super Aqua Kids
6:00-6:30pm Super Aqua Kids/Beginning
6:30-7:00pm Super Aqua Kids

JULY & AUGUST (Session #3 & #4)

Monday & Wednesday

10:00-10:30am Super Aqua Kids & Beginning
10:30-11:00am Super Aqua Kids
11:00-11:30am Super Aqua Kids & Beginning
11:30-12:00pm Super Aqua Kids
12:00-12:30pm Super Aqua Kids
12:30-1:00pm Adv Beginning/Intermediate
3:00-3:30pm Super Aqua Kids
3:30-4:00pm Super Aqua Kids
4:00-4:30pm Super Aqua Kids
4:30-5:00pm Super Aqua Kids
5:00-5:30pm Super Aqua Kids
5:30-6:00pm Super Aqua Kids & Beginning
6:00-6:30pm Super Aqua Kids
6:30-7:00pm Adv Beginning/Int & Beginning

Tuesday & Thursday

9:30-10:00am Super Aqua Kids/Beginning
10:00-10:30am Super Aqua Kids/Beginning
10:30-11:00am Super Aqua Kids
11:00-11:30am Super Aqua Kids
11:30-12:00pm Super Aqua Kids
12:00-12:30pm Super Aqua Kids/Beginning
12:30-1:00pm Super Aqua Kids/Beginning
3:00-3:30pm Adv Beginning/Intermediate
3:30-4:00pm Super Aqua Kids
4:00-4:30pm Beginning
4:30-5:00pm Super Aqua Kids
5:00-5:30pm Super Aqua Kids & Beginning
5:30-6:00pm Super Aqua Kids
6:00-6:30pm Super Aqua Kids
6:30-7:00pm Super Aqua Kids & Beginning

SUPER AQUA KIDS: (Ages 1-7, must be walking): This method is the quickest way to get your child comfortable in the water and swimming. It uses a series of smaller and smaller floats to teach your child to swim.

BEGINNERS: Students must be able to float unassisted and swim underwater or dog paddle. Skills Include: The primary concentration at this level is to prepare the student for stroke development. Flutter kick on front & back, finning on back, back crawl and personal safety skills are emphasized.

ADV BEGINNING/INTERMEDIATE: This class is designed for those who have been introduced to both front and back crawl and can demonstrate them with some proficiency. Skills Include: Stroke development and refinement of front crawl and back crawl, introduction to side stroke, breast stroke and elementary back stroke are emphasized.

Super Aqua Kid Open Swim: June, July & August: Fridays 10:30-11:15am (no class Friday July 3rd)
Parent must accompany children in the water. Registered swim students only.

Fees: Saturday Class (1x/week) May & June Only: \$55/session/child
All other classes (2x/week): \$98/session/child