

River Valley Athletic Club

Red Cross Certified Lesson Schedule

- Fall 2010 -

	RVAC Red Cross Swim Lessons	Monday	Wednesday	Tuesday & Thursday	Saturday
Session 1	Sept. 13 - Nov. 15	4:30 PM - Level 2 5:15 PM - Level 4			> Registration for members begins on August 13th > Registration for non-members begins on August 20th
Session 2	Sept. 15 - Nov. 17		4:30 PM - Level 2 5:15 PM - Level 4		
Session 3	Sept. 11 - Nov. 20 <i>No Lessons Oct. 23</i>				9:45 AM - Level 2 10:30 AM - Level 3 11:15 AM - Level 4
Session 4	Sept. 14 - Sept 30 <i>Pre-School Swim</i>			5:00 PM - Parent/Child Swim* 5:30 PM - Preschool Level 2* 6:00 PM - Preschool Level 2* 6:30 PM - Preschool Level 3*	*For ages 6 months to 5 years with adult *For ages 3 - 5 years *For ages 3 - 5 years *Must be able to swim front crawl 5 yards
Session 5	Oct. 12 - Oct. 28 <i>Pre-School Swim</i>			5:00 PM - Parent/Child Swim* 5:30 PM - Preschool Level 2* 6:00 PM - Preschool Level 2* 6:30 PM - Preschool Level 3*	*For ages 6 months to 5 years with adult *For ages 3 - 5 years *For ages 3 - 5 years *Must be able to swim front crawl 5 yards
Swim Team	Sept. 14 - Dec. 7 No Practice Oct. 5,7,21 & Nov. 11 &25			4:00 - 4:45 PM <i>Level 4 and above</i>	

Preschool - Tues/Thurs	\$35/Member - \$45/Non-member	6 Lessons - 30 Minutes
Red Cross Certified Level 1 - 6	\$55/Member - \$65/Non-member	10 Lessons - 45 Minutes
Junior Swim Team	\$125/Member - \$150/Non-member	20 Workouts - 45 Minutes

HAVE QUESTIONS REGARDING THE SCHEDULE? Contact: Tara Noer, Aquatics Director at (651) 439-7611