

SUMMER SWIM LESSONS

Registration: June 5 —Orange Residents

Open Registration—June 12

MINI SESSION LESSONS

<p>Monday—Friday June 19—June 30 8:30am—9:00am Preschool \$90 residents/ \$100 non residents</p> <p>9:00am—9:40am Beginner 1 Beginner 2 \$120 residents/\$ 130 non residents</p>	<p>Monday—Friday July 3—July 14 No class on July 4 8:30am—9:00am Preschool \$81 residents/ \$91 non residents</p> <p>9:00am—9:40am Beginner 1 Beginner 2 \$108.00 residents/\$ 118.00 non residents</p>	<p>Monday—Friday July 17—July 28 8:30am—9:00am Preschool \$90 residents/ \$100 non residents</p> <p>9:00am—9:40am Beginner 1 Beginner 2 \$120 residents/\$ 130 non residents</p>	<p>Monday—Friday July 31—Aug 11 8:30am—9:00am Preschool \$90 residents/ \$100 non residents</p> <p>9:00am—9:40am Beginner 1 Beginner 2 \$120 residents/\$ 130 non residents</p>
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EVENING LESSONS

<p>Monday June 19—August 7 No class on July 3.</p>	<p>Tuesday June 20—August 8 No class on July 4.</p>	<p>Wednesday June 21—August 9</p>	<p>Thursday June 22—August 10 No class on August 3.</p>
<p>6:30p—7:00p Preschool</p>	<p>6:40p—7:20p Beginner 1 Beginner 2</p>	<p>6:30p—7:00p Preschool</p>	<p>6:40p—7:20p Beginner 1 Beginner 2</p>
<p>7:00p—7:30p Preschool</p>	<p>Residents \$84 Non-residents \$94</p>	<p>7:00p—7:30p Preschool</p>	<p>Residents \$84 Non-residents \$94</p>
<p>Residents \$63 Non-residents \$73</p>		<p>Residents \$72 Non-residents \$82</p>	

SPRINGBOARD DIVING

Mondays, June 19—August 7 (no class on July 3rd) 6:30pm—7:30pm

\$144.00 residents / \$154.00 non-residents

All participants must be able to swim one length of the pool, and do a standing dive from the board. Divers can have little or no experience. New divers will focus on very basic dives, as well as the approach and hurdle. Experienced divers will be adding new dives and more difficulty to their skills.

Proper placement of your swimmer is very important. At each level your child should be challenged, but not overwhelmed. There are specific minimum skills that your child should possess on the first day of their class. If they are unable to complete them, they will be moved to a lower level if there is space available, or credited for a future session. If you are unsure at what level to enroll your children, please ask at the time of registration or check the website for the specific details of each level

www.orange-ct.gov/564/Swim-Lessons

Sunday June 25—July 30
9:00am—9:40am Infant Toddler Preschool Advanced Beginner
9:45am – 10:25am Infant Toddler Beginner 1 Beginner 2
Residents—\$ 72.00 Non-residents—\$ 82.00

NEW

Power 3 Stroke Clinic

So excited to be able to offer the Power 3 Stroke Clinic this summer. Each week will be dedicated to the training of one stroke, starts and turns, as well as pre and post workout exercises to help the athletes avoid injury. Instruction will be provided in and out of the water by our 3 amazing coaches with experience and education at all levels of competitive swimming. The goal is that all swimmers will be able to incorporate positive stroke habits into their daily swim routines.

REGISTRATION AND ADDITIONAL INFORMATION AVAILABLE ON LINE—ORANGE-CT.GOV

Week 1—Butterfly 6/26-30 Week 2—Backstroke 7/10-14 Week 3—Breaststroke 7/17-21 Week 4—Freestyle 7/24-28
 Monday-Friday 6:30pm-7:30pm \$125 per week All 4 weeks \$450 plus special surprise

INJURY PREVENTION

Coach Mollee will primarily teach and perform pre & post workout exercises to reduce the risk of injury.



"I am a former collegiate swimmer, current Athletic Trainer, and am finishing my Doctorate degree in Physical Therapy at SHUI"

DEMONSTRATION

Coach Maggie will provide in-water instruction to demonstrate drills and technique.



"I am a former Division I collegiate swimmer from Marist College and current educator!"

COACHING & ANALYSIS

Coach Megan will develop the training program and provide on-deck instruction and feedback



"I am a former Division I collegiate swimmer from Marist College and current high school and club team swim coach!"