

CLAUDE MOORE AQUATICS CLUB CLASSES*

For a complete list of class section numbers, visit www.loudoun.gov/prcs and click on the WebTrac link.

*You MUST register in person at CMRC for Aquatics Club classes.

CLASS AND ACTIVITY NUMBER	AGE	ENTRY REQUIREMENT	INSTRUCTOR EVALUATION DATES	CLASS OBJECTIVE	CLASS LENGTH	FEE
Swim Team Prep Level 1 173271	1. 6-7yrs 2. 8-9 yrs	Instructor Approval and complete class objectives from LTS 4 : perform feet-first entry, front & elm. Back crawl- 25yds, & breaststroke, back crawl-15yds.	Sunday 8/29, 9/26, 10/24, 11/28, 12/19 5-7pm	Freestyle / backstroke / breaststroke drills geared toward improving technique. Introduction of butterfly Starts	1 hour	9/15-10/10: \$80 10/13-11/7: \$80 11/14-12/15: \$80 Class meets 8 times
Swim Team Prep Level 2 173272	1. 6-8 2. 9-10 3. 10-11	Instructor Approval and complete class objectives from LTS 5 : perform shallow angle dive, front & elm. Back crawl – 50yds, breaststroke, back crawl- 25yds	Sunday 8/29, 9/26, 10/24, 11/28, 12/19 5-7pm	Freestyle / backstroke / breaststroke drills geared toward improving technique. Perfect breaststroke and butterfly Increase stamina, endurance, & conditioning Continue to improve starts	1 hour	9/17-10/10: \$88 10/15-11/7: \$88 11/16-12/15: \$88 Class meets 8 times
Swim Team Prep Level 3 173273	1. 7-9 2. 10-11	Instructor Approval	Sunday 8/29, 9/26, 10/24, 11/28, 12/19 5-7pm	Perfect starts & turns Increase stamina, endurance, & conditioning Learning to race competitively	1 hour	9/13-10/9: \$96 10/16-11/8: \$96 11/13-12/13: \$96 Class meets 8 times
Stoke and Turn Clinic 173274	12-15yrs	Under :30 25 Free Must be able to swim Free and back 25yds. Continuous and be able to perform at least a 25 of Breast and Fly	Sunday 8/29, 9/26, 10/24, 11/28, 12/19 5-7 pm	Improve speed and endurance with timed sets and refine stroke technique. Must know all four strokes. Fins required.	1 hour	9/12-10/31 (Sun. only) \$88 (8 classes) 10/31-12/19 (Sun. only) \$66 6 classes
Masters: 173464	18yrs+	Must be able to swim 50yds of Backstroke and Freestyle	N/A	To give adults a swim workout and work on refining strokes.	1.5 hour	Swimmers purchase card and attend sessions they chose. Session dates: 9/13-12/17 8 swims: \$120 12 swims: \$175 16 swims: \$210

	Monday	Tuesday	Wednesday	Friday	Saturday	Sunday
STP1(6-7yrs)			7-8pm			10-11am
STP1 (8-9yrs)			8-9pm			11-12pm
STP2 (6-8yrs)				5-6pm		1-2pm
STP2 (9-10yrs)				7-8pm		2-3pm
STP2(10-11yrs)				8-9pm		3-4pm
STP3 (7-9yrs)	7-8pm				10-11am	
STP3(10-11yrs)	8-9pm				11-12pm	
Stroke & Turn Clinic Session						10-11am
Masters	5:30-7:00am	7:30-9:00pm	5:30-7:00am		8:00-9:30am	