

The six levels of the Learn-to-Swim instruction help swimmers of all ages and varying abilities develop their swimming and water safety skills. It is designed to give students a positive learning experience. American Red Cross Learn-to-Swim teaches aquatic safety skills in a logical progression.

ONLY 40 TOTAL SPOTS AVAILABLE FOR EACH TIME PERIOD. APPLIES TO ALL SESSIONS.

SESSION 1	JUN. 1* – JUN. 11 MON. - THURS.		\$40 PER PERSON
	10:00-10:45A	6:00-6:45P	
	PARENT TOT PRESCHOOL PRESCHOOL PLUS LEVELS 1 - 6	PARENT TOT PRESCHOOL PRESCHOOL PLUS LEVELS 1 - 6	

*THERE WILL BE NO CLASS ON JUNE 1ST OR JUNE 2ND AT 10 AM. MAKE UP DAYS WILL TAKE PLACE ON FRIDAY, JUNE 5TH & FRIDAY, JUNE 12TH AT 10 AM.

SESSION 2	JUN. 6 – JUN. 27 SATURDAY		\$30 PER PERSON
	10:15-11:00A		
	PARENT TOT PRESCHOOL PRESCHOOL PLUS LEVELS 1 - 6		

SESSION 3	JUN. 15 – JUN. 25 MON. - THURS.		\$40 PER PERSON
	10:00-10:45A	6:00-6:45P	
	PRESCHOOL PRESCHOOL PLUS LEVELS 1 - 6	PRESCHOOL PRESCHOOL PLUS LEVELS 1 - 6	

SESSION 4	JUN. 29 – JUL. 9 MON. - THURS.		\$40 PER PERSON
	10:00-10:45A	6:00-6:45P	
	PRESCHOOL PRESCHOOL PLUS LEVELS 1 - 6	PRESCHOOL PRESCHOOL PLUS LEVELS 1 - 6	

SESSION 5	JUL. 11 – AUG. 1 SATURDAY		\$30 PER PERSON
	10:15-11:00A		
	PARENT TOT PRESCHOOL PRESCHOOL PLUS LEVELS 1 - 6		

SESSION 6	JUL. 20 – JUL. 30 MON. - THURS.		\$40 PER PERSON
	10:00-10:45A	6:00-6:45P	
	PARENT TOT PRESCHOOL PRESCHOOL PLUS LEVELS 1 - 6	PARENT TOT PRESCHOOL PRESCHOOL PLUS LEVELS 1 - 6	

MASTERS SWIM PROGRAM

The Masters Swim Program is designed for the lap swimmer looking for a challenge, or a triathlete looking for a change in pace in their workouts, or a past competitor looking for a way to stay in shape. The Masters Program is available to all members regardless of age or speed. These structured practices provide a positive environment and the coaching necessary to succeed, and also provide a great social outlet for all involved.

SUMMER MASTERS SWIM

\$40

June 1 – July 31, 2009

M/W/F mornings 5:45am-7am-written workout provided
M/W/F evenings from 5:30pm-6:30pm -coached practice

FOR MORE INFORMATION CONTACT:

Carrie Steuber, Aquatics Coordinator-Programs
(573) 884-3795 or steubercl@missouri.edu

PRIVATE SWIM LESSONS

Whether you are looking to learn or refine prior skills, we have an instructor to meet your needs. Each 30 minute lesson costs only \$20 or we have two packages that offer 4 lessons for \$80 or 8 lessons for \$140.

These classes and can be tailored to meet your specific aquatic needs and your busy schedule.

For more information on Private Swim Lessons, please visit our website at www.mizzourecom or contact Carrie Steuber, Aquatics Coordinator-Programs at (573) 884-3795 or steubercl@missouri.edu.