



THE CLUB
AT FLYING HORSE

2008 Summer Aquatics Program

Contact Information

Aquatics Director: Mike Doane
Aquatic Center Telephone: 719-487-2621
E-mail: mdoane@flyinghorseclub.com

Swim Team:

Registration/Tryout: May 27th-29th. We will use the first three days of practice to assess each child's swimming skills and bring them up to speed with the basics of competitive swimming. No payment required until the completion of the tryout period (May 29th). *If you are interested in the team please sign in at the front desk if you are interested in the swimming team or email Mike Doane @ mdoane@flyinghorseclub.com.*

Dates: May 27th-July 20th

Times: Monday-Friday
8:00-10:00 AM

Practice times will vary depending on age and ability level.

Swimming Meets: Most of our meets are on Wednesday (either morning or afternoon) with other local summer club swimming teams.

Age/Swimming

Requirement: At least six years old and able to swim one length (25 yards) of the lap pool with the freestyle (crawl stroke).

Cost: Included in your fees is your USA Swimming membership (required for competition), swim cap and t-shirt.

First and second child: \$210.00/child

Three or more children: \$185.00/child after the second child.

Non-members add \$50.00 to prices listed above.

The Club at Flying Horse Swim School

The Club at Flying Horse Swim School will be offering lessons beginning Monday, June 2nd. Our small group lesson program is an 'objective based' program with a step by step learning sequence. Our primary objective is assuring that your child is 'water safe' while teaching the fundamentals of swimming in a fun and safe environment. On the first day of each session we'll do a quick swimming assessment of your child and then place them in appropriate class. Contact Mike Doane or our lesson coordinator, Kyndra Hogan, at 487-2621 for more information.

Registration for our lesson program begins Monday, April 7th at the front desk of the Athletic Club or drop the enclosed registration form at the front desk. Your account will be billed on the first day of each session.

Infant/Toddler Lessons (ages 1-2)

Our Infant/Toddler program puts mom or dad in the water a safe and secure setting with your child. We'll focus on the natural instincts a child has for the water as well as breath control, buoyancy and propulsion.

Two four week sessions, meeting twice a week on Tuesday and Thursday.

Session 1 June 3-26

No lessons the week of July 4th.

Session 2 July 8-31

Cost: \$50.00 per session (non-members \$60.00 per session) for eight 30 minute lessons.

Class times: 11:40 AM-12:10 PM

Small Group Lessons

Our small group lesson program places kids in groups of 4-5 swimmers with one instructor. The classes are divided into **Small Fish** (3-5 years old) and **Big Fish** (6 years and older).

Classes meet Monday through Thursday.

Session 1 June 2-12

Session 2 June 16-26

No lessons the week of July 4th.

Session 3 July 7-17

Small Fish (ages 3-5)

For children who are ready for small group interaction with mom and dad just watching.

Classes meet Monday through Thursday.

Session 1 June 2-12

Session 2 June 16-26

No lessons the week of July 4th.

Session 3 July 7-17

Class size: 3:1 swimmer to instructor ratio. Swimmers are tested on the first day of each session to determine class placement.

Cost: \$50.00 per session (non-members \$60.00 per session) for eight 30 minute lessons.

Class times: 11:40 AM-12:10 PM

Big Fish (ages 6 & older)

Classes meet Monday through Thursday.

Session 1 June 2-12

Session 2 June 16-26

No lessons the week of July 4th.

Session 3 July 7-17

Class size: 5:1 swimmer to instructor ratio. Swimmers are tested on the first day of each session to determine class placement.

Cost: \$50.00 per session (non-members \$60.00 per session) for eight 30 minute lessons.

Class times: 10:30-11:00 AM/11:05-11:35 AM/11:40 AM-12:10 PM

Children's Private Lessons

Private lessons can be arranged through the aquatics director or the swim school coordinator.

Cost: \$25.00 for a thirty minute lesson (\$30.00 for non-member) \$40.00 for a thirty minute semi-private lesson (2 per class/\$20.00 per student). (\$48.00 for non-member)

Registration: Set up your private lesson time/date with Kyndra Hogan and then register at the front desk.

Adult Private Lessons

Arranged through the aquatics director or swim school coordinator.

Cost: \$30.00 for a thirty minute lesson (\$36.00 for non-members).

Registration: Set up your private lesson time with Mike Doane or Kyndra Hogan.

Adult Swimming Fitness Program

Take advantage of Mike Doane's thirty five year coaching career to help you design a swimming program that will get you aerobically fit and help you in your quest of cardiovascular fitness, or preparation for your next triathlon or swimming meet. The program will include workout design and stroke technique analysis and correction. Schedule with Mike Doane.

2008 Swim School Registration Form

Name(s) of swimmers	Age
_____	_____
_____	_____
_____	_____
_____	_____

Parent's name: _____

Class: _____

Time: _____

Session(s): _____

Telephone: _____

Member club #: _____

Non-member: Visa/Master Card/American Express/Discover

Number: _____

Expiration date: _____

Total: \$ _____

I agree to pay for the classes indicated above:

Signature of parent