

PRE-CLUB SWIM LESSONS

JUNE 7TH TO JULY 29TH



GENERAL INFORMATION

- **WHO:** Kids Ages 4 & Over. Any skill level from Beginner to Advanced.
- **SESSION LENGTH:** 4 x 25 Minute Lessons Scheduled Monday - Thursday.
- **SESSION COST:** The fee for each session is \$100.
- **LOCATION:** Heated Indoor Pool at SE Polk High School.
- **INSTRUCTORS:** Highly qualified, USA Swimming Certified Coaches. Small group ratio of 4 swimmers to 2 instructors are maintained.
- **ONLINE REGISTRATION:** Available on our website - www.ramsswimmingia.com. Direct any questions to rscswimcoach@gmail.com.
- **COVID PROTOCOLS:** Only 1 parent per student in the pool area during lesson time. They must remain in the bleachers seated 6 feet apart and wearing a mask. Swimmers must wear a mask at all times except when in the water for class.

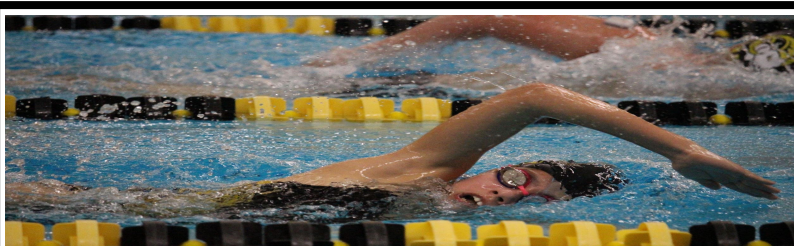


MON
LESSONS
7:00-9:00 AM

TUES
LESSONS
7:00-9:00 AM

WED
LESSONS
7:00-9:00 AM

THUR
LESSONS
7:00-9:00 AM



The Rams Pre-Club Lesson Program teaches the 4 competitive strokes, racing starts and turns. We focus on technique, breathing, underwaters and more! The goal is to have the kids join the competition team once they complete lessons! The number of sessions to be ready for the team will vary depend on the students skill level.

