

ONLY
TINY BUBBLES / PRESCHOOL (Ages 3-5) | YOUTH / BREASTSTROKE / PRE-COMPETITION (Ages 6-12) | TEEN (Ages 12-15)

Level	Day	Time	Instructor
Youth 4	Fri	4:00 PM	Ayiki B
	Sat	9:00 AM	Azita Z
	Sat	9:30 AM	Thejas R
	Sat	10:30 AM	Ben S
	Sat	11:00 AM	Azita Z
	Sat	11:30 AM	Azita Z
	Sun	2:00 PM	Ben S
	Tues	7:00 PM	Bella M
	Wed	2:30 PM	Katie B

Level	Day	Time	Instructor
Youth 5	Fri	3:30 PM	Hannah C
	Sun	12:30 PM	Tim P
	Sat	10:00 AM	Azita Z
	Sat	12:00 PM	Ben S
	Sat	1:30 PM	Ryan M
	Sun	9:00 AM	Mo A
	Sun	1:30 PM	Ben S
	Tues	7:30 PM	Bella M
	Wed	3:30 PM	Katie B

Level	Day	Time	Instructor
Youth 6	Mon	4:00 PM	Dallas B
	Sat	9:00 AM	Thejas R
	Sat	1:00 PM	Ryan M
	Sun	9:30 AM	Mo A
	Sun	10:00 AM	Mo A
	Tues	8:00 PM	Bella M
	Wed	3:00 PM	Katie B

Level	Day	Time	Instructor
Pre Comp	Sat	11:30 AM	Dallas B
	Fri	8:00 PM	Ayiki B

Level	Day	Time	Instructor
Pre Comp +	Fri	8:30 PM	Ayiki B

Level	Day	Time	Instructor
Teen 1	Sun	11:30 AM	Tim P
	Mon	5:30 PM	Mario D

Level	Day	Time	Instructor
Teen 2	Sat	10:30 AM	Thejas R
	Wed	3:30 PM	Lizzie L

Level	Day	Time	Instructor
Adult Intro	Tues	9:00 AM	Kelsey B
	Wed	8:30 AM	Kelsey B

Level	Day	Time	Instructor
Adult 1	Fri	8:00 AM	Eric P
	Thurs	9:30 AM	Mary Ann D
	Thurs	11:30 AM	Eric P
	Thurs	8:00 PM	Rose B
	Thurs	8:30 PM	Ryan M
	Tues	5:30 AM	Kelsey B
	Tues	8:30 AM	Kelsey B
	Wed	12:30 PM	Lizzie L

Level	Day	Time	Instructor
Adult 2	Thurs	10:00 AM	Mary Ann D
	Thurs	7:30 PM	Patrick W
	Tues	8:00 AM	Kelsey B
	Tues	11:30 AM	Eric P
	Tues	7:30 PM	Rob A
	Wed	9:00 AM	Kelsey B
	Wed	12:00 PM	Lizzie L

Level	Day	Time	Instructor
Adult 3	Thurs	9:00 AM	Mary Ann D
	Tues	6:00 AM	Kelsey B
	Wed	8:00 AM	Kelsey B



PRO Club's Aquatic Center teaches more kids how to swim than anywhere else in the state. Our exclusive program combines the best of several nationally-recognized, cutting edge techniques to develop more efficient swimmers while instilling confidence. Our instructors are experts with individuals of all ages and abilities and they specialize in providing an enjoyable and comfortable experience.

REGISTRATION TIMELINE

Enrollment begins at 7 a.m. | Connect registration begins on Open Enrollment date

SESSION	DATES	FLYER POST DATE	PRE-ENROLLMENT	CHANGE OVER	MEMBER Open Enrollment
6	Sept 8 - Nov 2	August 20		August 20	August 21
7	Nov 3 - Dec 19	October 22	October 22-28	October 29	October 30

**NO LESSONS | Friday October 31 - Halloween, Saturday October 25 1:30pm onwards - Spooktacular*
Pre-Enrollment: Sign-up for the same level, day, and time in which the student is currently enrolled.
Change Over: Currently enrolled students may switch to another class. | Open Enrollment: All new or returning students may signup.

ENTRY REQUIREMENTS

TINY BUBBLES / PRESCHOOL (Ages 3-5) | YOUTH / BREASTSTROKE / PRE-COMPETITION (Ages 6-12)

Must be able to perform skills listed prior to entering the program level.

TINY BUBBLES | Suited for children new to the water, fearful of water, or those who are transitioning to swimming independently (without parental assistance).

PRESCHOOL 1, YOUTH 1 | Beginner level, no experience required.

PRESCHOOL 2, YOUTH 2 | Submerge head in a rhythmic pattern 5 times. Front float, face-down and back float independently. Independent swim on front, face-down (20 feet).

PRESCHOOL 3, YOUTH 3 | Front, face-down glide and back glide. Front crawl stroke with rhythmic breathing by rolling onto back (15 yards). Independent swim on back with flutter kick and horizontal body position. Backstroke (15 yards). Elementary backstroke (10 yards).

PRESCHOOL 4, YOUTH 4 | Crawl stroke with side breathing (15 yards). Independent swimming on back with flutter kick and horizontal body position. Elementary backstroke (15 yards). Introduction to breast stroke with proper kick, arms, breathing and timing (15 yards). Comfortable swimming in water up to 9-feet deep.

PRESCHOOL 5, YOUTH 5 | Crawl stroke with side breathing, backstroke and elementary backstroke (25 yards). Breaststroke with proper arm movements and kick (25 yards).

YOUTH 6 | Crawl stroke with alternate side breathing and backstroke (50 yards). Breaststroke with proper technique combining proper arm movement, kick and breathing (50 yards). Butterfly with proper dolphin kick (25 yards). Dive in kneeling and standing position. Tread water for 1-minute. Swim underwater (5 yards).

PRE-COMPETITION | Must successfully complete Youth 5 or pass tryouts. Crawl stroke with alternate side breathing and backstroke (100 yards). Breaststroke with proper technique and timing (100 yards). Butterfly with proper technique combining arm movement, kick and breathing (25 yards). Dive from starting blocks.

PRE-COMPETITION PLUS | Must successfully complete Pre-Competition or pass tryouts. Crawl stroke with alternate side breathing and backstroke with flip turns (150 yards). Breaststroke with proper technique and timing (150 yards). Butterfly with proper technique combining arm movement, kick, and breathing (50 yards). Dive from starting blocks.

BREASTSTROKE | Focus on improving your breaststroke technique. Perfect complement to regular group lessons.

ADULT INTRODUCTION TO SWIMMING

Fearful of water? Fear no more. Learn the basics of how to balance, float, and become comfortable in the water. There's no pressure to learn how to swim.

BEGINNER (ADULT 1)

For those who are comfortable in water but haven't had any formal lessons. Independent swimming is not required. Learn basic movements in the water including gliding, breathing techniques, basis freestyle, and backstroke.

EXPERIENCED BEGINNER (ADULT 2)

For those who have completed Adult 1 (or a comparable level). Class will focus on improving the finer points (efficiency and endurance) of freestyle and backstroke. You will also learn basic techniques for elementary backstroke, breaststroke, and treading water. Must be able to swim 25 yards of freestyle continuously with side breathing, as well as 25 yards backstroke. Classes will generally be held in the teaching pool to start but with the goal of moving to the deep pool midway through the session (water is 9 feet deep).

ADVANCED (ADULT 3)

Continues to work on extended distances for freestyle and backstroke. Will work to improve on both breaststroke and treading water. Class will introduce or expand on butterfly, open turns/flip turns, diving (from both the side and dive block), distance/endurance for all strokes, stroke drills, and swim workouts. Must be able to swim 50 yards (2 lengths in deep water) of freestyle and backstroke and have a good understanding of breaststroke kick and timing.

TINY BUBBLES / PRESCHOOL (Ages 3-5) | YOUTH / BREASTSTROKE / PRE-COMPETITION (Ages 6-12) | TEEN (Ages 12-15)

TINY BUBBLES / PRESCHOOL (Ages 3-5) | YOUTH / BREASTSTROKE / PRE-COMPETITION (Ages 6-12) | TEEN (Ages 12-15)

Level	Day	Time	Instructor
Baby 1	Fri	10:30 AM	Lizzie L
	Thurs	3:00 PM	Patrick W
	Sun	10:00 AM	Tim P

Level	Day	Time	Instructor
Toddler 1	Fri	11:00 AM	Lizzie L
	Sun	9:00 AM	Tim P
	Thurs	7:00 PM	Patrick W
	Tues	7:00 PM	Rob A

Level	Day	Time	Instructor
Toddler 2	Thurs	6:30 PM	Patrick W

Level	Day	Time	Instructor
2+2	Fri	11:30 AM	Lizzie L
	Fri	12:00 PM	Lizzie L
	Fri	2:00 PM	Hannah C
	Thurs	11:00 AM	Eric P
	Thurs	3:30 PM	Patrick W
	Tues	5:30 PM	Dallas B
	Tues	6:30 PM	Bella M

Level	Day	Time	Instructor
Pre 1	Tues	9:30 AM	Kelsey B
	Tues	11:00 AM	Eric P
	Tues	3:30 PM	Bella M
	Tues	4:00 PM	Sonya
	Fri	3:00 PM	Hannah C
	Sat	12:30 PM	Ben S
	Sat	9:30 AM	Dallas B
	Thurs	10:30 AM	Eric P
	Fri	5:00 PM	Sonya
	Thurs	4:30 PM	Patrick W
	Tues	5:00 PM	Dallas B
	Thurs	5:00 PM	Eli L
	Sat	10:30 AM	Dallas B
	Sat	12:00 PM	Nilla M.
	Thurs	6:00 PM	Rose B
	Tues	5:30 PM	Sonya
	Tues	6:30 PM	Mary Ann D
	Sun	1:00 PM	Ben S
	Wed	10:00 AM	Eric P
	Wed	1:30 PM	Lizzie L
	Mon	5:30 PM	Dallas B

Level	Day	Time	Instructor
Pre 2	Tues	10:00 AM	Kelsey B
	Tues	10:30 AM	Eric P
	Fri	2:30 PM	Hannah C
	Tues	3:00 PM	Eric P
	Tues	4:00 PM	Bella M
	Fri	4:30 PM	Ryan M
	Sun	10:30 AM	Tim P
	Fri	6:00 PM	Hannah C
	Fri	6:30 PM	Sonya
	Thurs	4:00 PM	Ryan M
	Thurs	5:00 PM	Patrick W
	Thurs	7:00 PM	Ryan M
	Sat	11:30 AM	Nilla M.
	Sat	12:00 PM	Azita Z
	Sat	2:00 PM	Ryan M
	Tues	6:00 PM	Mary Ann D
	Wed	1:00 PM	Lizzie L
	Wed	4:30 PM	Mario D
	Wed	5:30 PM	Mario D
	Mon	4:30 PM	Mario D
	Mon	6:00 PM	Sabina K
	Mon	7:00 PM	Dallas B

Level	Day	Time	Instructor
Pre 3	Wed	9:30 AM	Eric P
	Mon	4:30 PM	Dallas B
	Tues	5:00 PM	Bella M
	Sun	11:00 AM	Tim P
	Fri	5:00 PM	Ryan M
	Fri	6:00 PM	Ayiki B
	Thurs	4:00 PM	Patrick W
	Sat	9:30 AM	Azita Z
	Tues	7:00 PM	Dallas B
	Sun	2:00 PM	Tim P
	Wed	4:00 PM	Ryan M
	Wed	5:00 PM	Mario D

Level	Day	Time	Instructor
Pre 4	Thurs	5:30 PM	Patrick W
	Sat	1:00 PM	Ben S
	Tues	4:30 PM	Sonya
	Sun	2:30 PM	Ben S
	Wed	4:00 PM	Mario D

Level	Day	Time	Instructor
Pre 5	Fri	7:30 PM	Ayiki B

Level	Day	Time	Instructor
Youth 1	Mon	5:00 PM	Sabina K
	Fri	5:00 PM	Ayiki B
	Tues	5:00 PM	Sonya
	Fri	5:30 PM	Hannah C
	Fri	7:00 PM	Ayiki B
	Thurs	4:00 PM	Eli L
	Thurs	4:30 PM	Eli L
	Sat	11:00 AM	Ben S
	Sat	12:30 PM	Azita Z
	Tues	6:00 PM	Bella M
	Tues	7:00 PM	Mary Ann D
	Wed	2:30 PM	Ryan M
	Wed	4:00 PM	Lizzie L

Level	Day	Time	Instructor
Youth 2	Mon	5:00 PM	Mario D
	Tues	4:30 PM	Bella M
	Fri	5:00 PM	Hannah C
	Tues	5:30 PM	Rob A
	Sat	9:00 AM	Dallas B
	Sat	11:30 AM	Ben S
	Thurs	5:30 PM	Eli L
	Tues	6:00 PM	Rob A
	Thurs	7:30 PM	Ryan M
	Sat	3:00 PM	Ryan M
	Wed	2:30 PM	Mario D
	Wed	3:00 PM	Lizzie L
	Wed	4:30 PM	Lizzie L
	Mon	5:30 PM	Sabina K
	Mon	6:30 PM	Dallas B

Level	Day	Time	Instructor
Youth 3	Mon	4:00 PM	Mario D
	Tues	4:00 PM	Dallas B
	Fri	4:30 PM	Hannah C
	Tues	5:00 PM	Rob A
	Fri	5:30 PM	Ryan M
	Fri	6:30 PM	Hannah C
	Fri	7:00 PM	Hannah C
	Tues	6:00 PM	Sonya
	Thurs	4:30 PM	Ryan M
	Fri	7:30 PM	Hannah C
	Sat	10:00 AM	Thejas R
	Sat	10:30 AM	Azita Z
	Thurs	6:00 PM	Patrick W
	Thurs	6:30 PM	Rose B
	Thurs	7:00 PM	Rose B
	Tues	6:30 PM	Dallas B
	Sat	1:00 PM	Azita Z
	Sat	2:30 PM	Ryan M
	Sat	3:30 PM	Ryan M
	Tues	7:30 PM	Mary Ann D
	Wed	3:00 PM	Mario D
	Wed	3:30 PM	Mario D
	Wed	6:00 PM	Mario D
	Mon	5:00 PM	Dallas B
	Mon	6:00 PM	Mario D
	Mon	6:30 PM	Sabina K

Level	Day	Time	Instructor
Breaststroke	Thurs	7:30 PM	Rose B
	Tues	5:30 PM	Bella M
	Wed	5:00 PM	Lizzie L

Level	Day	Time	Instructor
Butterfly	Tues	6:00 PM	Dallas B

Registration:
Phone 425-861-6274
Email: aquaticsinfo@proclub.com
Text: 425-406-4626

CONNECT APP SELF-REGISTRATION BEGINS OPEN ENROLLMET.
PRICES DO NOT INCLUDE SALES TAX.
NO REFUNDS AFTER SESSION HAS STARTED.
PLEASE NOTE WE ARE ARE NOT ABLE TO OFFER MAKEUP CLASSES FOR MISSED LESSONS.
INSTRUCTORS SUBJECT TO CHANGE.
CLASS MINIMUM OF ATTENDEES REQUIRED. IF MINIMUM IS NOT MET, CLASS WILL BE CANCELLED.
CHILDREN MUST BE PAYING MEMBERS TO ENROLL IN GROUP SWIM LESSONS AT PRO WEEKENDS AND WEEKNIGHTS.

NON-MEMBERS CAN ENROLL IN GROUP SWIM LESSONS MONDAY-FRIDAY BEFORE 3:30PM AT A NON-MEMBER RATE.

