

PRIVATE LESSONS

One-on-one lessons with a certified swim coach for children ages 3 & up. For questions contact Coach Roz at swimlessons@raintreeathleticclub.com.

30 MINUTE LESSONS

Single Session	\$25/members, \$30/non-members
5 Sessions	\$115/members, \$140/non-members
10 Sessions	\$210/members, \$260/non-members

45 MINUTE LESSONS

Single Session	\$36/members, \$41/non-members
5 Sessions	165/members, \$190/non-members

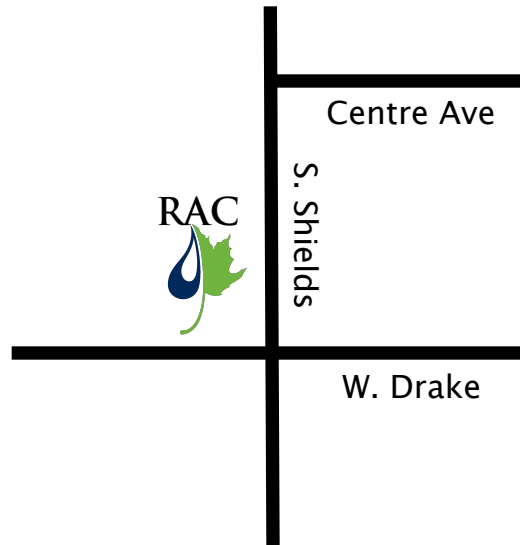


SEMI-PRIVATE LESSONS

(2-4 participants)

30 MINUTE LESSONS

Single Session	\$15/members/child, \$20/non-members/child
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RAINTREE ATHLETIC CLUB
2555 South Shields
Fort Collins, CO 80526
970.490.1300

CLUB HOURS
Monday - Friday 5:00am - 12:00am
Saturday - Sunday 6:00am - 10:00pm

CHILDCARE HOURS
Monday - Thursday 8:00am - 8:00pm
Friday 8:00am - 7:00pm
Saturday - Sunday 8:00am - 2:00pm



www.RaintreeAthleticClub.com





YOUTH SUMMER SWIM CAMP SERIES

Our Swim Camp Series will help advanced youth swimmers & summer swim team participants focus on specific strokes and/or turns in the water. Swim Coaches will break down and construct strokes with each week's focus. Sign up by emailing Coach Nick at nicka@raintreeathleticclub.com.

TUESDAYS in JUNE & JULY
no class July 4th

	AGE 9 & UNDER	AGE 10 & UP
	3:30 - 4:15pm	4:30 - 5:30pm

6/5	FREESTYLE	FREESTYLE / FLIP TURNS
6/12	BACKSTROKE	BACKSTROKE / FLIP TURNS
6/19	FLIP TURNS	BREASTSTROKE / OPEN TURNS
6/26	BUTTERFLY	BUTTERFLY / OPEN TURNS
7/11	BREASTSTROKE	IM TURNS & TRANSITIONS

COST

Per Class \$10/members, \$12/non-members

GROUP SWIM LESSONS

Group lessons are for children 3 years & up and are separated into levels after individual assessment. Our instructors guide children through a series of skills designed to keep them comfortable in the water & teach proper technique of each of the four competitive swimming strokes.

REGISTRATION OPEN MAY 15 THROUGH "MY RAC ACCOUNT"

Session 1	June 4 - 14
Session 2	June 18 - 28
Session 3	July 9 - 19
Session 4	July 23 - August 2

LEVEL PLACEMENT

If your child can perform everything listed under one level, they should move up to the next level.

BEGINNER:

- Float without support (front/back)
- Exiting the pool without the ladder or stairs
- Float from vertical (front/back)
- Freestyle arm and leg action (5 feet/lane line)
- Float flip

INTERMEDIATE 1:

- Back float from side jump in
- Finning- side arms & flutter kick leg action
- Streamline (front/back)- flutter kick
- Freestyle- combining arms & legs 25M
- Backstroke- combining arms & legs 25M

INTERMEDIATE 2:

- Freestyle with side breathing 50M
- Strong smooth kick on back 25M
- Backstroke 50M with toes out
- Breaststroke kick introduction

ADVANCED 1 & 2:

- Improve freestyle & backstroke technique
- Learn breaststroke & butterfly
- Learn turns (flip & open)

GROUP SWIM LESSONS

GROUP LESSON OPTION 1

MONDAY THROUGH THURSDAY - 8 CLASSES TOTAL

10:05-10:30am	Beg 1 & 2, Int 1
10:15-11:00am	Int 2, Adv 1 & 2
10:35-11:00am	Beg 1 & 2, Int 1

COST

25 minute class	\$60/member, \$80/non-member
40 minute class	\$75/member, \$95/non-member

GROUP LESSON OPTION 2

MON. / WED. / THU. - 6 CLASSES TOTAL

5:05-5:30pm	Beg 1 & 2, Int 1
5:15-6:00pm	Int 2, Adv 1 & 2
5:35-6:00pm	Beg 1 & 2, Int 1

COST

25 minute class	\$50/member, \$70/non-member
40 minute class	\$65/member, \$85/non-member

