

Swim with us!



LESSON OPTIONS & PRICING

- All swimmers *must* be members
- Group lessons 2-4 swimmers max
- Book group lessons by the Thursday before
- Classes subject to change
- Private lessons call 916-782-2600 or email breannep@sparetimesportsclubs.com

- Group lessons \$80/session
- Private lessons
 - \$45/ half hour
 - \$290 for 8x30 min. lessons
- Little 'Cudas
 - M-Th 12:45-1:15
 - 6/5-7/13
 - \$240



JOHNSON RANCH
SPORTS CLUB



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Summer Swim Program

Group Lessons

Private Swim Lessons

Barracudas Swim Team

or

Little 'Cudas

more info at

www.johnsonranchbarracudas.com

SWIMMER LEVELS

Parent Tot Class (PTC) introductory, instructor led, parents enters water with child, sing and dance to water songs, practice floating, learn to exit pool.
(6-36 mo)

Copper Level Swimmers express interest in the water, work on independently submerging, air exchange, assisted floating, jumping into water and returning to wall. Introduction to freestyle and backstroke basics. (2-4 yr)

Bronze Level Swimmers are comfortable entering and independently go underwater. Develop basics of swimming, floating, streamlining, and kicking. Work on freestyle, backstroke, jumping in and independently returning to wall. (4-6 yr)

Silver Level Swimmers can swim freestyle and backstroke independently. Work on freestyle and backstroke technique, side breathing. Introduce butterfly, breaststroke, and diving. (6-8 yr)

Gold Level Swimmers can swim freestyle, backstroke, butterfly, breaststroke and dive. Work on fine-tuning techniques to improve stroke, speed, racing dives, flip turns, and swim "sets." (8-12 yr)



Questions?

breannep@sparetimesportsclubs.com

GROUP LESSONS

Mon-Thurs 25 min



Lesson Times & Levels

1:30 Copper, Bronze, Silver

2:00 Copper, Bronze, Silver

3:00 PTC, Bronze, Silver

3:30 Bronze, Silver, Gold

4:00 PTC, Bronze, Silver

5:00 Copper, Bronze, Silver

5:30 Bronze, Silver, Gold

6:00 Copper, Bronze, Silver

6:30 Bronze, Silver, Gold



GROUP LESSON SCHEDULE

| | |
|---------------------|---------------|
| 1 | June 5-8 |
| 2 | June 12-15 |
| 3 | June 19-22 |
| 4 | June 26-29 |
| No lessons July 3-6 | |
| 5 | July 10-13 |
| 6 | July 17-20 |
| 7 | July 24-27 |
| 8 | July 31-Aug 3 |

Visit the front desk to reserve your spot!

2600 Eureka Road

Roseville, CA 95661

(916) 782-2600

breannep@sparetimesportsclubs.com