

2022 Swimming Lessons

Two sessions of group swim lessons for children from 1 – 15 years are again being offered! Each class will have a head teacher and an assistant. Students will receive certificates upon completion. To sign up, contact Debbie@refreshingmountain.com to discuss which level your child should register for.

Group Classes are as follows:

AquaTots (AT) – ages 12 – 36 months; maximum of 8 children. (Parent/adult must accompany child in the water)

Preschool (PS) – ages 3-5; PS Levels 1, 2, 3; maximum of 8 children in PS 1, and max of 10 children in PS 2 & PS 3

School Age (SA) – ages 6-15; SA Levels 1, 2, 3, 4; maximum 15 children in SA 1-2 and max 5 children per SA 3-4

June/July Class Schedule#

June 20 thru July 5—Mon, Tues, Thurs, Fri

8:45-9:25 SA Level 1 & SA Level 2+

9:30-10:10 SA Level 2 & SA Level 3&4

June 20 thru July 4—Monday and Tuesday

10:15-10:45 AT & PS 3

June 23 thru July 5 (Last class)—Thursday & Friday

10:15-10:45 PS 1 & PS 2

#July 7 & 8 – rain make-up dates

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July/August Class Schedule#

July 25 thru Aug 9—Mon, Tues, Thurs, Fri

8:45-9:25 SA Level 1 & SA Level 2+

9:30-10:10 SA Level 2 & SA Level 3&4

July 25 thru Aug 8 – Monday and Tuesday

10:15-10:45 AT & PS 3

July 28 thru Aug 9 (Last class)— Thursday and Friday

10:15-10:45 PS 1 & PS 2

#August 11 & 12 – rain make-up dates

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Pricing:

AT & PS – 5 classes - \$90/child

SA – 10 classes - \$105/child

Register 2 kids per class schedule and save \$20; 3 kids \$30, 4 kids \$40, etc.

Lifeguard Certification

AMERICAN RED CROSS LIFEGUARDING: Full and re-certification courses. Anyone age 15 (must be 15 by the last day of the class) or older wanting to become a certified lifeguard.

Dates:

Class #1*

May 19, Thursday 5pm – 9pm

May 21, Saturday 9am – 1pm

May 23, Monday 5pm – 9pm

May 24, Tuesday 5pm – 9pm

May 25, Wednesday 5pm – 9pm

Class #2*

June 1, Wednesday 5pm – 9pm

June 2, Thursday 5pm – 9pm

June 6, Monday 5pm – 9pm

June 8, Tuesday 5pm – 9pm

June 9, Thursday 5pm – 9pm

Pricing:

New LG Certification \$175

Re-Citification \$ 85 – must show proof of current American Red Cross certification prior to beginning of first class

*Prior to first Full Course class meeting, American Red Cross (ARC) requires online registration and evidence of completion of approx. 7 hours of online study. At first class session, the ARC requires ALL students to successfully complete an in – water skill screening and to present proof of age.