



Adult Lessons

Spring 2008

Session I: January 28th through March 7th

Registration: FRC Members: January 14th
Non-members: January 21st

Session II: March 24th through May 2nd

Registration: FRC Members: March 10th
Non-members: March 17th

It's Never too Late to Start! Beginners

The instructor will introduce the class to swimming fundamentals. Participants will gain comfort in the water while establishing endurance and proper technique.

Session I: Monday Nights 7:00-7:45pm

Session II: Wednesday Nights 7:00-7:45pm

Beginner Fees: Free under Sumner P. Mills Fund



Practice Makes Precision! Stroke Development Clinics

Participants must have a basic understanding of swimming strokes and comfort in the water. Each lesson will be constructed as a swim workout incorporating a focus on one stroke or skill. Participants should expect to swim between 1,900- 2,500 yards per lesson. Through wet and dry drills, video, and demonstrations, participants will learn to swim with more ease, efficiency, power and smoothness over greater distances.

Session I: Wednesdays 6:15-7:15am

January 30th Flip Turns, Open Turns & Starts

February 6th Freestyle

February 13th Backstroke

February 27th Butterfly

March 5th Breaststroke



Session II: Wednesday 6:15-7:15am

March 26th Flip Turns, Open Turns & Starts

April 2nd Freestyle

April 9th Backstroke

April 16th Butterfly

April 30th Breaststroke

Stroke Clinic Fees: FRC Members: \$5 per class or \$20 for full session (5 lessons)
Non-Members: \$8 per class or \$35 for full session (5 lessons)

