



# Swim Lessons at Zena Rec Park

Red Cross Certified Water Safety Instructors teach all levels from tots to Guard Start in small groups. All four strokes (Freestyle, Breaststroke, Backstroke, Butterfly) are taught.

Swim lessons run in 2 week sessions. The fee is \$30 per session for Zena Rec members and \$100 for non-members\*. Please make checks payable to Zena Recreation Park.

There will be no refund for sessions paid for and not attended. Times and classes may change.

\* the difference to the Zena member fee will be credited should your family decide to become a Zena Rec Park member this season.

## Open registration May 2<sup>nd</sup> and May 15<sup>th</sup> , 12:30-2:30 PM

at Zena Rec Park, 714 Zena Highwoods Rd, Woodstock

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### After School Lessons

Monday through Thursday, June 14- June 24,

- All Levels 4:15 - 5:00 PM

### Summer Morning Lessons

Monday through Friday

Session 1 - June 28 -- July 9

Session 2 - July 12 – July 23

Session 3 - July 26 – August 6

Session 4 - August 9 – August 20

- Tots Aquatic 11:00 – 11:30 AM (an adult must be present with the child at all times and swim diapers must be worn)
- Level 1, 11:00 – 11:30 AM
- Level 2, 11:00 – 11:30 AM
- Level 3, 10:15 – 10:45 AM
- Level 4, 10:15 – 10:45 AM
- Level 5, 10:15 – 10:45 AM
- Level 6, 10:30 – 11:30 AM **weekly sessions** (*double sessions!*) Intensive competitive stroke clinic, drills, starts and turns. You must have completed Level 5 successfully to participate.

### Summer Afternoon Lessons

Monday through Thursday

Session 1 - June 28 - July 9

Session 2 - July 12 – July 23

- All Levels 5:45- 6:30 PM

For questions or more information go to [www.zenarec.com](http://www.zenarec.com) or email to [swim@zenarec.com](mailto:swim@zenarec.com)