

# BEAR CREEK LAKES SWIM LESSONS

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- Lessons to begin on June 15<sup>th</sup>, 2026
- Cost: \$20/per child per lesson
- \$25 for 2 children in the same lesson
- Time: 45 minutes/lesson
- Flexible scheduling
- Lessons must be pre-paid @ the BCLCA office
- Once paid, please bring your paid receipt to the Aquatics Manager for scheduling



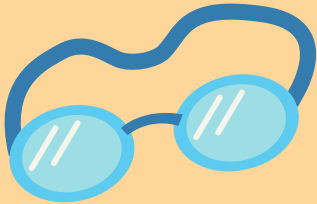
PLEASE BRING A TOWEL, GOGGLES, AND YOUR  
2026 BADGE 😊

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FOR MORE INFORMATION, PLEASE SEE A LIFEGUARD OR E-  
MAIL DYLAN @ [DMBRADLEY25@GMAIL.COM](mailto:DMBRADLEY25@GMAIL.COM)

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## Classes Offered:



### **101 TADPOLES:**

Water safety 101 - enter and exit the pool safely, introduce face to water, and face/head submersion

### **102 MINNOWS:**

Mouth and nose bubbles, practice front and back floating, flutter kick, & water safety

### **103 STARFISH:**

Stand, jump, and climb out using the ladder; front and back floats, introduction to freestyle

### **104 SEALS:**

Elementary backstroke, treading water, & breaststroke kick

### **105 SHARKS:**

Freestyle swimming with side breathing; backstroke; breaststroke & butterfly arms; front dive from side of pool

### **106 ORCAS:**

Advanced/competitive swimming

Front dive from board; circle swimming; open turn; all strokes