

Bear Creek Lakes Swim Lessons

Ages: 5-12

Cost: \$15 per lesson per child
\$20 per lesson for 2 children

Days: Tuesdays and Thursdays

Time: 9:00AM - 9:45AM

Classes offered:

101 Tadpoles: Enter and exit the pool, dip face in water, drip water overhead, safety.

102 Minnows: Mouth and nose bubbles, practice front and back float, flutter kick, safety.

103. Starfish: Stand, jump and climb out using ladder, front and back floats, introduce freestyle, safety.

104 Seals: Elementary backstroke, treading water, breaststroke kick, safety.

105 Sharks: Freestyle with side breathing, backstroke, breaststroke arms, butterfly arms, front dive from side of pool, safety.

106 Orcas: (this would be considered advanced/competitive swimming); circle swimming, open turn, all strokes (breaststroke, backstroke, butterfly and freestyle), front dive from board, safety.

Lessons must be paid for at the office only!!

Office will give paid receipt, which will then be given to a Head Lifeguard for instruction day and time.

Bring noodle, towel, goggles, and must wear a BCL 2022 badge.