



Fall 2009

SWIM LESSONS

Olney Swim Center

Phone: (301) 570-1210

Registration begins August 19. Swim Lessons for all ages and abilities. Screening is available to evaluate the student's abilities. Please call the lesson coordinator at 301-570-1210 to schedule a time (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. **THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES.** Courses meet for six 30 minute sessions.

THERE WILL BE NOT CLASSES NOVEMBER 23-29.

PLEASE CHECK EACH POOL'S LISTINGS FOR LESSON SCHEDULE CHANGES, DUE TO FACILITY CONFLICTS. LESSONS WILL BE HELD ON ALL OTHER DAYS THE FACILITY IS OPEN. PLEASE REGISTER ACCORDINGLY.

OSC-Waterbabies

Designed for children 6 months-18 months. Basic water adjustment skills are taught. Infants/children who are not toilet trained **MUST** wear separate rubber/vinyl pants. An adult in a swimsuit must accompany **EACH** student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions				\$50
257227 Olney SwC	9/8	Tu	9:40am-10:10am	
257225 Olney SwC	9/12	Sa	10:50am-11:20am	
257226 Olney SwC	9/13	Su	10:50am-11:20am	
257230 Olney SwC	10/27	Tu	10:15am-10:45am	
257228 Olney SwC	10/31	Sa	10:50am-11:20am	
257229 Olney SwC	11/1	Su	10:50am-11:20am	

OSC-Aquatots

Designed for children 18 months-3 years of age. Basic water adjustment skills and simple water skills are taught. Infants/children who are not toilet trained **MUST** wear separate rubber/vinyl pants. An adult in a swimsuit must accompany **EACH** student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions				\$50
257087 Olney SwC	9/10	Th	9:40am-10:10am	
257088 Olney SwC	9/10	Th	6:30pm-7:00pm	
257082 Olney SwC	9/12	Sa	10:10am-10:40am	
257083 Olney SwC	9/12	Sa	11:30am-12:00pm	
257084 Olney SwC	9/13	Su	11:30am-12:00pm	
257096 Olney SwC	9/14	M, W	6:25pm-6:55pm	
257085 Olney SwC	9/15	Tu	10:15am-10:45am	
257086 Olney SwC	9/15	Tu	5:55pm-6:25pm	
257089 Olney SwC	9/21	M, W	6:25pm-6:55pm	
257093 Olney SwC	10/27	Tu	9:40am-10:10am	
257094 Olney SwC	10/27	Tu	5:55pm-6:25pm	
257095 Olney SwC	10/29	Th	10:15am-10:45am	
257090 Olney SwC	10/31	Sa	10:10am-10:40am	
257091 Olney SwC	11/1	Su	10:10am-10:40am	
257092 Olney SwC	11/1	Su	11:30am-12:00pm	

OSC-Pre-School

Designed for children 3-5 years of age. Basic water adjustment continues, but simple water skills are now emphasized. Infants/children who are not toilet trained **MUST** wear separate rubber/vinyl pants. An adult in a swimsuit must accompany **EACH** student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions				\$50
257215 Olney SwC	9/8	Tu	6:30pm-7:00pm	
257216 Olney SwC	9/10	Th	10:15am-10:45am	
257217 Olney SwC	9/10	Th	5:55pm-6:25pm	
257211 Olney SwC	9/12	Sa	9:30am-10:00am	
257212 Olney SwC	9/12	Sa	12:50pm-1:20pm	
257213 Olney SwC	9/13	Su	9:30am-10:00am	
257214 Olney SwC	9/13	Su	10:10am-10:40am	
257221 Olney SwC	10/27	Tu	6:30pm-7:00pm	
257222 Olney SwC	10/29	Th	9:40am-10:10am	
257223 Olney SwC	10/29	Th	5:55pm-6:25pm	
257218 Olney SwC	10/31	Sa	10:00am-10:30am	
257219 Olney SwC	10/31	Sa	12:10pm-12:40pm	
257220 Olney SwC	11/1	Su	9:30am-10:00am	
257224 Olney SwC	11/16	M, W	6:25pm-6:55pm	

OSC-Pre-Beginner-Level 1

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills. Class size is limited to 5 students.

6 Sessions**\$59**

257112	Olney SwC	9/8	Tu	5:55pm-6:25pm
257113	Olney SwC	9/8	Tu	6:30pm-7:00pm
257097	Olney SwC	9/12	Sa	9:30am-10:00am
257098	Olney SwC	9/12	Sa	10:10am-10:40am
257099	Olney SwC	9/12	Sa	10:50am-11:20am
257100	Olney SwC	9/12	Sa	11:30am-12:00pm
257101	Olney SwC	9/12	Sa	11:30am-12:00pm
257102	Olney SwC	9/12	Sa	12:10pm-12:40pm
257103	Olney SwC	9/12	Sa	12:10pm-12:40pm
257104	Olney SwC	9/12	Sa	12:50pm-1:20pm
257105	Olney SwC	9/13	Su	9:30am-10:00am
257106	Olney SwC	9/13	Su	9:30am-10:00am
257107	Olney SwC	9/13	Su	10:10am-10:40am
257108	Olney SwC	9/13	Su	10:50am-11:20am
257109	Olney SwC	9/13	Su	10:50am-11:20am
257110	Olney SwC	9/13	Su	11:30am-12:00pm
257111	Olney SwC	9/13	Su	11:30am-12:00pm
257114	Olney SwC	9/17	Th	5:55pm-6:25pm
257115	Olney SwC	9/17	Th	6:30pm-7:00pm
257116	Olney SwC	9/21	M, W	6:25pm-6:55pm
257117	Olney SwC	9/21	M, W	6:25pm-6:55pm
257118	Olney SwC	9/21	M, W	7:05pm-7:35pm
257141	Olney SwC	10/26	M, W	6:25pm-6:55pm
257142	Olney SwC	10/26	M, W	6:25pm-6:55pm
257143	Olney SwC	10/26	M, W	7:05pm-7:35pm
257134	Olney SwC	10/27	Tu	5:55pm-6:25pm
257135	Olney SwC	10/27	Tu	5:55pm-6:25pm
257136	Olney SwC	10/27	Tu	6:30pm-7:00pm
257137	Olney SwC	10/29	Th	5:55pm-6:25pm
257138	Olney SwC	10/29	Th	5:55pm-6:25pm
257139	Olney SwC	10/29	Th	6:30pm-7:00pm
257140	Olney SwC	10/29	Th	6:30pm-7:00pm
257119	Olney SwC	10/31	Sa	9:30am-10:00am
257120	Olney SwC	10/31	Sa	10:10am-10:40am
257121	Olney SwC	10/31	Sa	10:50am-11:20am
257122	Olney SwC	10/31	Sa	10:50am-11:20am
257123	Olney SwC	10/31	Sa	11:30am-12:00pm
257124	Olney SwC	10/31	Sa	12:10pm-12:40pm
257125	Olney SwC	10/31	Sa	12:50pm-1:20am
257126	Olney SwC	10/31	Sa	12:50pm-1:20pm
257127	Olney SwC	11/1	Su	9:30am-10:00am
257128	Olney SwC	11/1	Su	10:10am-10:40am
257129	Olney SwC	11/1	Su	10:10am-10:40am
257130	Olney SwC	11/1	Su	10:50am-11:20am
257131	Olney SwC	11/1	Su	10:50am-11:20am
257132	Olney SwC	11/1	Su	11:30am-12:00pm
257133	Olney SwC	11/1	Su	11:30am-12:00pm
257144	Olney SwC	11/16	M, W	6:25pm-6:55pm
257145	Olney SwC	11/16	M, W	7:05pm-7:35pm

OSC-Pre-Beginner-Level 2

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 6 students.

6 Sessions**\$57**

257157	Olney SwC	9/8	Tu	5:55pm-6:25pm
257158	Olney SwC	9/8	Tu	6:30pm-7:00pm
257159	Olney SwC	9/10	Th	5:55pm-6:25pm
257160	Olney SwC	9/10	Th	6:30pm-7:00pm
257146	Olney SwC	9/12	Sa	9:30am-10:00am
257147	Olney SwC	9/12	Sa	10:10am-10:40am
257148	Olney SwC	9/12	Sa	10:50am-11:20am
257149	Olney SwC	9/12	Sa	11:30am-12:00pm
257150	Olney SwC	9/12	Sa	12:50pm-1:20pm
257151	Olney SwC	9/12	Sa	12:50pm-1:20pm
257152	Olney SwC	9/13	Su	9:30am-10:00am
257153	Olney SwC	9/13	Su	10:10am-10:40am
257154	Olney SwC	9/13	Su	10:50am-11:20am
257155	Olney SwC	9/13	Su	11:30am-12:00pm
257156	Olney SwC	9/13	Su	11:30am-12:00pm
257161	Olney SwC	9/21	M, W	6:25pm-6:55pm
257162	Olney SwC	9/21	M, W	6:25pm-6:55pm
257163	Olney SwC	9/21	M, W	7:05pm-7:35pm
257180	Olney SwC	10/26	M, W	6:25pm-6:55pm
257181	Olney SwC	10/26	M, W	6:25pm-6:55pm
257182	Olney SwC	10/26	M, W	7:05pm-7:55pm
257176	Olney SwC	10/27	Tu	5:55pm-6:25pm
257177	Olney SwC	10/27	Tu	6:30pm-7:00pm
257178	Olney SwC	10/29	Th	5:55pm-6:25pm
257179	Olney SwC	10/29	Th	6:30pm-7:00pm
257164	Olney SwC	10/31	Sa	9:30am-10:00am
257165	Olney SwC	10/31	Sa	10:10am-10:40am
257166	Olney SwC	10/31	Sa	11:30am-12:00pm
257167	Olney SwC	10/31	Sa	12:40pm-1:10pm
257168	Olney SwC	10/31	Sa	1:20pm-1:50pm
257169	Olney SwC	10/31	Sa	1:20pm-1:50pm
257170	Olney SwC	11/1	Su	9:30am-10:00am
257171	Olney SwC	11/1	Su	10:10am-10:40am
257172	Olney SwC	11/1	Su	10:10am-10:40am
257173	Olney SwC	11/1	Su	10:50am-11:20am
257174	Olney SwC	11/1	Su	11:30am-12:00pm
257175	Olney SwC	11/1	Su	11:30am-12:00pm
257183	Olney SwC	11/16	M, W	6:25pm-6:55pm
257184	Olney SwC	11/16	M, W	6:25pm-6:55pm
257185	Olney SwC	11/16	M, W	7:05pm-7:35pm
257186	Olney SwC	11/16	M, W	7:45pm-8:15pm

OSC-Pre-Beginner-Level 3

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for minimum of 5 yards. Class size is limited to 6 students.

6 Sessions \$57

257187	Olney SwC	9/12	Sa	9:30am-10:00am
257188	Olney SwC	9/12	Sa	10:10am-10:40am
257189	Olney SwC	9/12	Sa	11:30am-12:00pm
257190	Olney SwC	9/12	Sa	12:10pm-12:40pm
257191	Olney SwC	9/13	Su	9:30am-10:00am
257192	Olney SwC	9/13	Su	10:10am-10:40am
257193	Olney SwC	9/21	M, W	7:05pm-7:35pm
257194	Olney SwC	9/21	M, W	7:45pm-8:15pm
257201	Olney SwC	10/26	M, W	7:05pm-7:35pm
257202	Olney SwC	10/26	M, W	7:45pm-8:15pm
257195	Olney SwC	10/31	Sa	9:30am-10:00am
257196	Olney SwC	10/31	Sa	10:10am-10:40am
257197	Olney SwC	10/31	Sa	12:00pm-12:30pm
257198	Olney SwC	11/1	Su	9:30am-10:00am
257199	Olney SwC	11/1	Su	10:10am-10:40am
257200	Olney SwC	11/1	Su	10:50am-11:20am
257203	Olney SwC	11/16	M, W	7:05pm-7:35pm
257204	Olney SwC	11/16	M, W	7:45pm-8:15pm

OSC-Pre-Beginner-Level 4

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 6 students.

6 Sessions \$57

257205	Olney SwC	9/12	Sa	12:10pm-12:40pm
257206	Olney SwC	9/13	Su	10:50am-11:20am
257207	Olney SwC	9/21	M, W	7:45pm-8:15pm
257208	Olney SwC	10/31	Sa	12:40pm-1:10pm
257209	Olney SwC	11/1	Su	9:30am-10:00am
257210	Olney SwC	11/2	M, W	7:45pm-8:15pm

OSC-Youth-Level 1

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3 1/2 ft and deeper). This class is for students who need to learn basic water adjustment skills. Class size is limited to 8 students.

6 Sessions \$52

257231	Olney SwC	9/12	Sa	9:30am-10:00am
257232	Olney SwC	9/13	Su	10:10am-10:40am
257233	Olney SwC	9/21	M, W	7:45pm-8:15pm
257236	Olney SwC	10/26	M, W	7:45pm-8:15pm
257235	Olney SwC	10/27	Tu	6:30pm-7:00pm
257234	Olney SwC	10/31	Sa	10:50am-11:20am
257238	Olney SwC	10/31	Sa	9:30am-10:00am
257237	Olney SwC	11/16	M, W	6:25pm-6:55pm

OSC-Youth-Level 2

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3 1/2 ft and deeper). This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 8 students.

6 Sessions \$52

257239	Olney SwC	9/12	Sa	10:50am-11:20am
257240	Olney SwC	9/12	Sa	12:50pm-1:20pm
257241	Olney SwC	9/13	Su	9:30am-10:00am
257242	Olney SwC	9/13	Su	10:10am-10:40am
257243	Olney SwC	9/21	M, W	7:45pm-8:15pm
257248	Olney SwC	10/26	M, W	7:45pm-8:15pm
257247	Olney SwC	10/29	Th	6:30pm-7:00pm
257244	Olney SwC	10/31	Sa	10:10am-10:40am
257245	Olney SwC	10/31	Sa	10:50am-11:20am
257246	Olney SwC	11/1	Su	9:30am-10:00am
257249	Olney SwC	11/16	M, W	7:05pm-7:35pm

OSC-Youth-Level 3

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3 1/2 ft and deeper). This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions \$50

257250	Olney SwC	9/12	Sa	10:10am-10:40am
257251	Olney SwC	9/12	Sa	10:50am-11:20am
257252	Olney SwC	9/13	Su	10:10am-10:40am
257253	Olney SwC	9/13	Su	11:30am-12:00pm
257254	Olney SwC	9/21	M, W	7:05pm-7:35pm
257259	Olney SwC	10/26	M, W	7:05pm-7:35pm
257255	Olney SwC	10/31	Sa	10:50am-11:20am
257256	Olney SwC	10/31	Sa	11:30am-12:00pm
257257	Olney SwC	11/1	Su	10:10am-10:40am
257258	Olney SwC	11/1	Su	10:50am-11:20am
257260	Olney SwC	11/16	M, W	7:45pm-8:15pm

OSC-Youth-Level 4

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3 1/2 ft and deeper). This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions \$50

257261	Olney SwC	9/12	Sa	10:50am-11:20am
257262	Olney SwC	9/12	Sa	11:30am-12:00pm
257263	Olney SwC	9/13	Su	10:50am-11:20am
257264	Olney SwC	9/21	M, W	7:05pm-7:35pm
257268	Olney SwC	10/26	M, W	7:05pm-7:35pm
257265	Olney SwC	10/31	Sa	11:30am-12:00pm
257266	Olney SwC	10/31	Sa	12:10pm-12:40pm
257267	Olney SwC	11/1	Su	10:50am-11:20am
257269	Olney SwC	11/16	M, W	7:05pm-7:35pm

OSC-Youth-Level 5

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3 1/2 ft and deeper). This class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

6 Sessions \$50

257270	Olney SwC	9/12	Sa	12:10pm-12:40pm
257271	Olney SwC	9/13	Su	10:50am-11:20am
257272	Olney SwC	9/21	M, W	7:45pm-8:15pm
257276	Olney SwC	10/26	M, W	7:45pm-8:15pm
257273	Olney SwC	10/31	Sa	12:40pm-1:10pm
257274	Olney SwC	10/31	Sa	12:50pm-1:20pm
257275	Olney SwC	11/1	Su	11:30am-12:00pm
257277	Olney SwC	11/16	M, W	7:45pm-8:15pm

OSC-Youth-Level 6

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3 1/2 ft and deeper). This class is for students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. Class size is limited to 10 students.

6 Sessions \$50

257278	Olney SwC	9/12	Sa	12:10pm-12:40pm
257279	Olney SwC	9/13	Su	11:30am-12:00pm
257280	Olney SwC	10/31	Sa	12:50pm-1:20pm
257281	Olney SwC	11/1	Su	11:30am-12:00pm

OSC-Adult-Level 1

Designed for teenagers and adults (14 years and older). This class is designed for those students who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught. Class size is limited to 6 students.

6 Sessions \$59

257065	Olney SwC	9/12	Sa	10:50am-11:20am
257067	Olney SwC	10/29	Th	7:10pm-7:40pm
257066	Olney SwC	10/31	Sa	11:30am-12:00pm
257068	Olney SwC	11/16	M, W	7:45pm-8:15pm

OSC-Adult-Level 2

Designed for teenagers and adults (14 years and older) who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 10 students.

6 Sessions \$57

257070	Olney SwC	9/8	Tu	7:10pm-7:40pm
257069	Olney SwC	9/12	Sa	11:30am-12:00pm
257072	Olney SwC	10/27	Tu	7:45pm-8:15pm
257071	Olney SwC	10/31	Sa	11:30am-12:00pm

OSC-Adult-Level 3

Designed for teenagers and adults (14 years and older) who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions \$57

257074	Olney SwC	9/10	Th	7:10pm-7:40pm
257073	Olney SwC	9/12	Sa	12:10pm-12:40pm
257076	Olney SwC	10/27	Tu	7:10pm-7:40pm
257075	Olney SwC	10/31	Sa	12:10pm-12:40pm

OSC-Adult-Level 4

Designed for teenagers and adults (14 years and older) for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions \$57

257078	Olney SwC	9/10	Th	7:45pm-8:15pm
257077	Olney SwC	9/12	Sa	12:50pm-1:20pm
257080	Olney SwC	10/29	Th	7:45pm-8:15pm
257079	Olney SwC	10/31	Sa	12:50pm-1:20pm

OSC-Adult-Level 5

Designed for teenagers and adults (14 years and older) who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

6 Sessions \$57

257081	Olney SwC	9/8	Tu	7:45pm-8:15pm
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