



# Legend Oaks Golf and Tennis Club 2017 Legend Swim Program



## Level 1

This level will introduce basic aquatic skills.  
The goal is to eliminate fear, learn to blow bubbles, breathe to the side, kick and float.

## Level 2

They will have to demonstrate the success of fundamental skills. Freestyle and Backstroke will be the Focus. These techniques along with a few drills will help set up a base for endurance while building strength. Coordination and locomotion are key concepts.

## Level 3

This is a great transition phase with stroke development being the objective. Greater endurance levels will be built through longer yardage. Stroke progression of all strokes will be covered. Freestyle and Backstroke turns will be presented

## Level 4

Coordination and fluency are the objective. Good transition turns and technique are the main focus. Fine tuning of the swimmer's own weak areas and increasing yardage are the goal.

**Class & Level: Decided by Legend Oaks Swim Instructor**

**SWIM  
INSTRUCTOR**

■  
*Madi  
Baroody*



**Session 1** ■ May 29-June 17

**Session 2** ■ June 19- July 8

**Session 3** ■ July 10- July 29

**Makeup Classes**

July 31- August 12

**Class will be offered Weekly  
Monday through Friday**

**Class Fees:**

**Group Rate** ■ 6 Lessons

\$75.00/Member \$90.00/Non Member

**Private Rate** ■ Single Lesson

\$30.00/Member \$35.00/Non Member

**Private Lesson** ■ 6 Lessons

\$150.00/Member \$165.00 Non Member

**LEGEND OAKS  
CONTACT**

Registration/Payments

*Theresia Ware*

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**(843)**

**821-4077 EXT 3**

