



2023 Summer Swim Lesson Schedule
 Session 1 May 30th - June 30th (5 week session)
 Session 2 July 3rd - Aug 4th (5 week session * no class July 4)

Register online for the session: <https://bstc.clubautomation.com/calendar/programs>

Drop In's welcome when space is available

BSTC has a 24-hour cancellation policy for all private and group lessons.

Contact Swim Director, Lindsey Bowdey: bstc.swimdirector@gmail.com with any questions

Session Rate Member	Session Rate Non-Member	Drop-In Rate Member	Drop-In Rate Non-Member
\$90	\$130	\$25	\$35

Class Offered	Description	Days & Times
Level 1	Introduction to water: Skills introduced include blowing bubbles, putting head underwater, front and back floats with assistance, kicking, and introductory arm movements. (Children under 4 years old)	Sun 9:30-10am Wed 11-11:30am Mon 5-5:30pm Tues 6-6:30pm
Level 2	Floating and Beginning Strokes: Skills taught include front and back floats without assistance. Skills introduced include freestyle and backstroke basics.	Thurs 11-11:30am Mon 5:30-6pm Wed 6-6:30pm
Level 3	Stroke Development: Skills reinforced include freestyle, backstroke, and side breathing. Skills introduced include diving from the side.	Fri 11-11:30am Mon 6:30-7pm Tues 5-5:30pm
Level 4	Stroke Refinement: Skills taught include breaststroke and butterfly fundamentals. Skills refined include front and back crawl and diving from the side.	Tues 5:30-6pm
Level 5	Preparation for Competitive Swimming: Skills taught include competitive turns, dives from the starting block when ready, and refinement of all four competitive strokes.	Thurs 6-6:30pm



Private Swim Lessons

Limited Times Available

Sunday 8:30 - 9:30am and 6-7pm

Monday - Friday 11am - noon

Monday 6 - 6:30pm

Tues - Thurs 6:30 - 7pm

Friday 6-7pm

Saturday 8:30 - 10am (except swim meet Saturday's)

Member	30 Minutes	\$35
	15 Minutes	\$20

Non-Member	30 Minutes	\$40
	15 Minutes	\$25

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