



LEARN TO SWIM LESSONS

Nickel City Race Club (NCRC), will be offering their Fall Session **Learn to Swim** program starting on Monday, September 28th and running through Saturday November 7th.

Instructors: **Lynne Jakiel and Amanda Gravius**

Qualifications:

- ✓ USA SWIM – Foundations 101
- ✓ Red Cross Safety Training for Coaches
- ✓ Red Cross WSI Certified

Ages: This program is designed for children ages 4 and up who are non-swimmers.

Low teacher to child ratio plus a lifeguard

Each student will develop a more positive attitude toward swimming as well as good swimming habits and safe practices around the water.

All lessons will include safety topics from American Red Cross Learn to Swim levels in combination with the Swim America advancement goals.

Fall Session runs from: **Monday, September 28 to Saturday, November 7** and is held at these schools:

Mondays 6:30 – 7:30, Lake Shore Senior High School Pool

Wednesdays 6:30 – 7:30, Eden High School Pool

Saturdays 11:00 – 11:45, Frontier Middle School Pool

Cost: \$150.00 6 week course. No lessons on October 12th, Columbus Day. Fee is due upon Registration.

\$ 16.00 AAU insurance fee is mandatory & paid online directly to AAU. Proof of insurance is required when starting swim classes.

You may access more information on this program by visiting our website at www.nickelcityraceclub.com. Online sign-up is easy. Begin by selecting "Start Registration" and follow the instructions. Check "Register Now" and then set up an account. When you see "Register to this Group" select "View Group Details" and click on "Fall 2015 Learn to Swim". Insurance registration is done at www.aausports.org. For program questions call: 716-868-0804.

Please Note: For those children who are already used to the water and understand basic safety, or are familiar with some stroke mechanics, Nickel City Race Club is also currently accepting new members in all club swim levels 1-8. For more information on our club, or to register, visit our website or call: 716-536-1426. We are a year round competitive swim team offering high quality professional coaching. We stress teaching the best stroke mechanics possible to all levels. Our program provides thorough breakdowns in technique instruction & age level appropriate training that is both competitive and fun for all ages and all abilities.