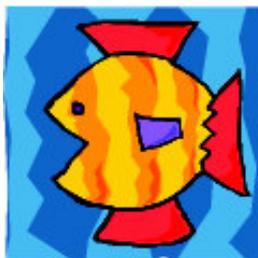


Hey Mom, Fish School is Cool!

What is Fish School?

Fish School is a 4-day set of swim lessons scheduled at the beginning of the swim lesson season that we utilize for staff training. This year's School will be held June 29 through July 2. The 4-lesson set is scheduled during the same morning hours as the rest of the season. Not all classes may be available at the time you desire. The cost will be kept low (\$14 for residents and \$17 for non-residents) because Fish School is both a training opportunity for staff and swim lessons for students.



What is the benefit for students?

This is a great opportunity for students to experience swim lessons for the first time or just brush up their skills. Many classes will have more than one instructor.

What is the benefit for the instructional staff?

We are always looking for ways to improve training for our instructors. Fish School provides instructors with training opportunities in real classes with actual students. Instructors brush up on their skills, learn from other instructors and immediately improve teaching techniques.

Will Fish School classes have the same format as regular classes?

Fish School classes will have all the same components as our regular 2-week sessions. Obviously, not as much material will be covered because there are only 4 lessons. We feel the Fish School opportunities provide long-term benefits for students, instructors and the swim lesson program.

When can we register for Fish School?

Fish School registration will begin at the same time as registration for Session 1, May 27.

Can we register for both Fish School and Session 1 of the regular lessons?

Yes, you can register for both beginning May 27. We recommend new or beginning students register for the same class for both Fish School and Session 1. We encourage you to speak with a staff member if there are any questions. If your child needs to be in a different class upon completion of Fish School, we will make every attempt to appropriately place the student.

How will I know what class is best for my child?

Choose the class that best fits your child's current skills. We have written descriptions for all levels and our staff will be happy to assist you.

Who can I contact if I have additional questions regarding Fish School or the lesson program?

Anne Miller is the Swim Lesson Coordinator and would be happy to address your questions and concerns. She can be reached at amiller@rentonwa.gov or 425-430-6714.

Henry Moses Aquatic Center 2009 Swim Lessons

Youth Lesson Registration Dates

Session	Dates	Number of Lessons	Cost		Class Schedule Available	Registration Begins	
			Resident	Non-resident		Currently Enrolled	All others
Fish School	6/29-7/2	4	\$14	\$17	May 4	N/A	May 27
Session 1	7/6-7/16	8	\$44	\$60	May 4	N/A	May 27
Session 2	7/20-7/30	8	\$44	\$60	July 14	July 15	July 16
Session 3	8/3-8/13	8	\$44	\$60	July 28	July 29	July 30
Session 4	8/17-8/27	8	\$44	\$60	August 11	August 12	August 13

Registration Procedures

- Except for Fish School and Session 1, registration will only be allowed for the current session.
- Fees must be paid in full at the time of registration.
- Students must reach the minimum age by the end of the session for which they are registering.
- Please have complete account information and separate payment if registering for someone not residing at your address.

Priority registration for currently enrolled students will be done in person at the Henry Moses Aquatic Center, on the date specified, immediately following the class. Those choosing to register after 11:45am on the specified date must do so at the Renton Community Center.

5 Easy Ways to Register

Walk-In

Renton Community Center, 1715 SE Maple Valley Highway, Renton, WA 98057. Monday-Thursday: 7:00 a.m. to 7:00 p.m., Friday 7:00 a.m. to 5:00 p.m. and Saturday: 8:00 a.m. to 5:00 p.m.

Internet Registration

Cyber Sign-Up is available 24 hours a day and allows you to view courses, register, and view account information. To use Cyber Sign-Up go to cybersignup.org or visit the City's website at rentonwa.gov. You will need the following:

- ◆ Participant barcode and Family PIN
- ◆ Program course number
- ◆ Valid Visa or Mastercard number and expiration date.

Fax-In or Mail -In

Complete the registration form and include Visa or Mastercard number, expiration date and card holder signature. Fax during regular business hours to Renton Community Center at 425.430.6701 or mail to Renton Community Center, 1715 SE Maple Valley Highway, Renton, WA 98057.

Person-to-Person Phone-In

Person-to-person phone-in registration is available Monday through Friday, 11:00am to 3:00pm and begins on the open registration day for that session. Please have registration information and credit card ready. Call 425.430.6700.

RENTON. AHEAD OF THE CURVE.

City of
Renton
Community Services Department



HMAC Skills List

Youth classes are held Monday - Thursday at 8:05am, 8:40am, 9:15am, 9:50am, 10:25am and 11:00am. All classes are 30 minutes long. Skills listed must be mastered before moving on to the next level. All classes cover appropriate safety skills.



Extra Tidbits



Fish School

See back page for more information.

Class Maximums

Class maximums are kept low to increase attention and confidence for beginning swimmers.

Early Classes

Many classes are offered at early times for those who just like to get an early start or have other commitments throughout the morning.

Conquer Your Fear Adult Lesson

Ages 14 and up. During this four-hour mini-class you will breakthrough like no swim class before. Cori Myka, Orca Swim School instructor (www.orcaswimschool.com), will help you understand how to remain in control and free from panic or worry while in water. Begin "on land" discussing your swimming past, how our beliefs about the water influence what we do in the water, how to keep from feeling out of control and how to have fun while learning the steps to freedom in deep water. Then, in the pool, learn how to apply the discussed skills in the water to happily put your face in the water, find your signature float and the path to learning to swim. Students never feel unsafe, uncomfortable, pushed too hard or unable to learn. Class is for adults with a desire to be comfortable in the water, regardless of skill or experience. Goggles are recommended and instructor will have some to try/purchase poolside. Meets initially at the Renton Community Center.

#45577 T 6/30 6:00-10:00pm Myka \$65R/\$75NR

Stroke Class

Ages 14 & up. Do you love paddling around in the water, but never really learned the front crawl or butterfly? The adult stroke class will teach you how to break down the competitive strokes and lap swim etiquette, so you can continue to develop your skills during lap swim. Class meets for four, one-hour, in-water sessions. Prerequisite: Students must be able to swim. We define swim as being able to move from here to there with comfort and ease, getting rest and air when you want, and not worrying about the bottom or the side. Taught by Cori Myka of Orca Swim School (www.orcaswimschool.com).

#45575 T/Th 7/7-7/16 8:40-9:40pm Myka \$55R/\$66NR

#45576 T/Th 8/4-8/13 8:40-9:40pm Myka \$55R/\$66NR



Starfish

(ages 9 months to 3 years with parent)



6 to 10 students per class

- Student safety and water adjustment
- Breath control
- Kicks
- Reach and pull
- Front and back glides
- Lifejacket safety



Sea Otter

(ages 3 to 5 years without parent)



Sea Otter 1 (3-4 students per class)

- Comfortable in shallow water on both front and back
- Blow bubbles on request
- Willing to submerge on request
- Relaxed front and back float with very little assistance
- Jump into shallow water unassisted

Sea Otter 2 (3-4 students per class)

- Complete comfort in the water
- Able to make positive progress using crawlstroke
- Kicking with proper position
- Roll front to back and back to front unassisted
- Jump into deep water and return to wall unassisted

Sea Otter 3 (3-4 students per class)

- Basic crawlstroke for 5 yards (no breathing) with proper kick
- Kick and fin for 5 yards unassisted
- Understand and perform side breathing
- Unassisted jump into 4 feet of water and return to wall using back finning and kicking

Sea Otter 4 (3-4 students per class)

- Coordinated crawlstroke for 5 yards, with side breathing
- Kick and fin 15 yards unassisted
- Backstroke for 5 yards
- Standing dive and elementary backstroke for 15 yards

Sea Otter 5 (3-4 students per class)

- Coordinated crawlstroke for 15 yards
- Elementary backstroke for 15 yards
- Backstroke for 15 yards
- Swim underwater for 5 yards



Orca

(ages 6 to 12 years)



New

Orca Prep (4-5 students per class)

- Comfortably and completely submerge
- Comfortable with ears in water in backfloat position
- Willing to place full face in water in front float position
- Jump in shallow water unassisted

Orca 1 (4-5 students per class)

- Unassisted front and back float for 10 seconds each
- Jump in shallow water and kick and fin for 15 yards
- Demonstrate side breathing (while standing on the bottom)
- Unassisted crawlstroke with kick (no breathing) for 5 yards

Orca 2 (4-6 students per class)

- Crawlstroke with side breathing for 10 yards
- Backstroke for 10 yards with roll to front recovery
- Jump in deep water and kick and fin for 15 yards

Orca 3 (4-6 students per class)

- Crawlstroke, backstroke and elementary backstroke for 15 yards each
- Kneeling dive
- Treading water
- Dolphin kick

Orca 4 (4-6 students per class)

- Crawlstroke, backstroke and elementary backstroke for 25 yards each
- Dolphin kick for 25 yards
- Standing dive
- Survival float

Orca 5 (4-7 students per class)

- Crawlstroke, backstroke and elementary backstroke for 50 yards each
- Butterfly for 15 yards
- Breaststroke for 5 yards
- Tread water for 1 minute
- Surface dives

Orca 6 (4-7 students per class)

- Crawlstroke with flip turns for 100 yards
- Backstroke with open turns for 50 yards
- Butterfly for 25 yards
- Coordinated breaststroke for 15 yards
- Scissor kick for 25 yards