



### Why Manta Ray Swim School?

- Small class size, allows for more individual attention with your child in each lesson.
- Red Cross Learn-to-Swim, over 90 yrs. of

#### Parent-Tot (Starfish)

For babies: 6-18 mos. w/ parent.  
A basic water adjustment class teaching parents water safety. Tots learn basic body mechanics for swimming, from holding their breath to going under water.

Meets:	Monday	5:45-6:15pm
	Tuesday	11:15-11:45am
	Saturday	10:00-10:30am

#### Parent-Tot 2 (Shrimp)

For babies: 18 mos.—3 yrs. w/ parent.  
Must have attended Parent-Tot and/or can hold breath and go underwater. This class gets children ready for level 1 classes by focusing on independent swimming.

Meets:	Wednesday	5:45-6:15pm
	Thursday	11:15-11:45am
	Friday	11:15-11:45am
	Saturday	10:30-11:00am

#### Cost: PT 1 & 2

	<u>Member</u>	<u>Other</u>
<u>June 16-July 26</u>	(\$52)	\$84 (*\$70)
*price for Friday classes -off July 4th		
<u>July 28-August 30</u>	\$52	\$70

**Register online at**  
**[www.beverlyhillclub.net](http://www.beverlyhillclub.net)**  
**Call (248)6428500 for**  
**more information**  
**Beverly Hills Club**  
**Located on Southfield Rd just**  
**north of 13 Mile Rd.**

Levels 1-5: 3 yrs and older. Small class sizes max. 4.

#### Level 1 (Clown Fish)

Introductory - no pre-swimming skills required.

Meets:	Monday	10:30-11:15am
	or 5:45-6:30pm	
	Tuesday	10:30-11:15am or 5:45-6:30pm
	Wednesday	9:00-9:45am, 10:30-11:15am
	Thursday	or 4:15-5:00pm
	Thursday	10:30-11:15am or 5:45-6:30pm
	Friday	9:00-9:45am
	Saturday	10:10-10:45am or 11:30-12:15pm

#### Level 2 (Angel Fish) Fundamentals

Skills your child needs to attend this level:

- Move 5 yards in water - walking or swimming.
- Float on front & back 3 seconds w/assistance.
- Put face in the water.

Meets:	Monday	9:00-9:45am,
	11:15-12:00pm	
	4:15-5:00pm	or
	Tuesday	9:45-10:30am, 11:15-12:00pm
	Wednesday	or 5:00-5:45pm
	Wednesday	9:00-9:45am,
	4:15-5:00pm	or
	Thursday	9:45-10:30am, 11:15-12:00pm
	5:00-5:45pm	or
	Friday	9:45-10:30am
	Saturday	10:00-10:45am or 11:30-12:15pm

#### Level 3 (Sea Turtle) Stroke Development

Skills your child needs to attend this level:

- Step from the side into chest deep water.
- Back & Front Float for 5 seconds.
- Roll-Over Back Float 5 sec., return to standing.
- Push off and swim 15 feet on front & back.

#### Level 4 (Dolphin) Stroke Improvement

Skills your child needs to attend this level:

- Jump in and Tread water for 30 sec.
- Swim 15 yards face in with rhythmic breathing.
- Swim the Back Crawl 15 yards.

Meets:	Monday	9:45-10:30am or 5:00-5:45pm
	Tuesday	9:00-9:45am or 4:15-5:00pm
	Wednesday	9:45-10:30am or 5:00-5:45pm
	Thursday	9:00-9:45am or 4:15-5:00pm
	Saturday	10:45-11:30am

#### Level 5 (Shark) Stroke Refinement

Skills your child needs to attend this level:

- Swim Back and Front crawl 25 yards.
- Float on back and Tread water 1 minute.
- Swim Elementary Backstroke & Breaststroke 15 yards.

	Monday	10:30-11:15am or 5:45-6:30pm
	Tuesday	9:00-9:45am or 4:15-5:00pm
	Wednesday	10:30-11:15am or 5:45-6:30pm
	Thursday	9:00-9:45am or 4:15-5:00pm
	Saturday	11:30-12:15pm

#### Teen/Adult Lessons

A great class for teens and adults who want to learn to swim and or improve swim skills.

	Tuesday	5:45-6:30pm
	Thursday	5:45-6:30pm

### Private & Semi-Private Swim Lessons

	<u>Private</u>
<u>Member</u>	30 Minutes
<u>Other</u>	\$41
	45 Minutes
	\$37.50