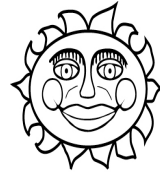


2017-2018 Swimming Lessons at Camp Courageous of Iowa

It's time for American Red Cross Learn-to-Swim classes at Camp Courageous. Lessons are held Monday to Friday after school beginning December 4, 2017. Transportation is provided to and from Monticello schools at the end of the school day (approximately 3:40 pm – 4:25 pm). Each session includes 8 – 10 lessons. **Cost is \$55 per child per session (\$50 without transportation).**

PLEASE NOTE Please see our website campcourageous.org for level descriptions. Sign your child up for the level that meets their skill mastery.

After-School Sessions: LEVELS	1	2	3	4	5	6
Session 1: 12/04/17 - 12/15/17		X	X	X		
Session 2: 1/08/18 - 1/19/18	X				X	
Session 3: 1/29/18 – 2/9/18		X	X	X		X
Session 4: 2/12 /18 – 2/23/18	X		X	X	X	



Later Time Classes: Camp DOES NOT provide transportation for the following lessons. Later Time Classes are held Monday – Friday 5:00 pm – 5:45 pm. Each session includes 8-10 lessons. **Cost \$50 each.**

Later-Time Sessions: LEVELS	1	2	3	4	5	6
Session 5: 12/04/17 - 12/15/17	X		X	X		
Session 6: 1/29/18 – 2/09/18		X		X	X	X
Session 7: 2/12/18 – 2/23/18		X				

Parent & Child Aquatics: For ages 6 months to about 3 years. Designed to give young children a head start on swimming. Great for children to get comfortable in the water and begin to work on basic skills while interacting with instructor and other children in a fun and safe environment. NOTE: A parent (or adult) must accompany the child in the water. Camp DOES NOT provide transportation for these lessons. **Cost is \$30 per child.**

Session 8: 1/30/18, 2/01/18, 2/06/18, & 2/08/18 (T & TH) 10:00 a.m.-- 10:30 a.m.

Session 9: 2/03/18, 2/10/18, 2/17/18, & 2/24/18 (Saturdays) 9:30 a.m.-- 10:00 a.m.

Preschool Aquatics: For children about ages 3 – 5. Designed to orient preschool-age children to the aquatic environment and to begin working on basic aquatic skills such as: enter & exit the water, blow bubbles through mouth & nose, go under water, bobbing, front & back glides, retrieve submerged objects and learn how to stay safe in the water.

Camp DOES NOT provide transportation for these lessons. **Cost is \$30 per child.**

Session 10: 2/03/18, 2/10/18, 2/17/18, & 2/24/18 (Saturdays) 8:00 a.m.-- 8:30 a.m.

Session 11: 2/03/18, 2/10/18, 2/17/18, & 2/24/18 (Saturdays) 8:30 a.m.-- 9:00 a.m.

Session 12: 2/03/18, 2/10/18, 2/17/18, & 2/24/18 (Saturdays) 9:00 a.m.-- 9:30 a.m.

St John's Preschool Aquatics: Camp also offers lessons to children at St John's Day Care with camp providing transportation. **Cost is \$40 per child.**

Session 13: 1/29/18 – 2/09/18 (M, W, & F) 10:00 a.m. – 10:45 a.m.

Adult Swim Lessons

ADULT Beginner - Primary Skills and Stroke Readiness Purpose: to help students feel comfortable in the water and learn essential elementary aquatic skills. Skills taught include water adjustment, front and back float, introduction to basic swim strokes. **For adults with little or no experience in the water.* Camp DOES NOT provide transportation for these lessons. **Cost is \$50 per student**

Session 14: 2/12/18—2/23/18 (M - F) 10:00 am—10:45 am

Session 15: 2/12/18—2/23/18 (M - F) 5:00 pm – 5:45 pm

ADULT Intermediate - Stroke Development Purpose: to develop confidence in strokes and to increase endurance. Skills taught include front crawl, back crawl, elementary backstroke, sidestroke, breaststroke, and butterfly. **For adults who are comfortable in the water and are looking to learn proper stroke techniques.* Camp DOES NOT provide transportation for these lessons. **Cost is \$50 per student.**

Session 16: 2/12/18—2/23/18 (M - F) 10:00 am—10:45 am

Session 17: 2/12/18—2/23 /18 (M - F) 5:00 pm – 5:45 pm

PRIVATE LESSONS 1:1 Lesson from one of our skilled Water Safety Instructors. Camp DOES NOT provide transportation for these lessons **Cost \$20 per student per ½ hour session** Private lessons are available only during the following Dates/Times:

Session 18: 12/4/17- 12/15/17 M-F 4:30 pm - 5:00 pm

Session 19: 1/29/18 – 2/09/18 M-F 4:30 pm - 5:00 pm

Session 20: 2/12/18 – 2/23/18 M-F 4:30 pm - 5:00 pm

Registration for ALL CLASSES BEGINS Monday, 10/30/17 at 8:00 a.m.

Register by leaving a message for Carol Melton @
319-465-5916 ext 2600 or cmelton@campcourageous.org

Spots for each class are filled on a first come first served basis.

REQUESTS WILL NOT BE ACCEPTED BEFORE 8 a.m. on MONDAY OCTOBER 30, 2017.
Leaving messages before 8 AM may NOT register your request until
all other requests are filled.

Lifeguard Course: Must meet Prerequisite Age (15) & Swims to enter the course. All other skills will be taught in course Written and Skills Tests must be passed for certification
Cost \$185

PLEASE NOTE: *All parts of the course are mandatory for certification, no absenteeism allowed, and no make up sessions will be scheduled. Please double check your school activities calendars before registering for one of these courses.*

Session 21: April 6 - 9, 2018 Friday 6pm-10pm, Saturday 8am-8pm, Sunday 8am-8pm

Session 22: May 4 - 6, 2018 Friday 6pm-10pm, Saturday 8am-8pm, Sunday 8am-8pm

Session 23: May 25 - 27, 2018 Friday 6pm-10pm, Saturday 8am-8pm, Sunday 8am-8pm

Lifeguard Recertification: For individuals who need to renew their certification. All water and land skills will be tested & written tests will be administered **Cost \$145**

Session 24: April 15, 2018 Sunday 8am-6pm

Session 25: May 13, 2016 Sunday 8am-6pm

Session 26: June 3, 2018 Sunday 8am-6pm