

■ ACADEMIC CAMPS

*For those students enrolled in the academic camps, you are eligible to receive **free lunch** before or after camp. Lunch will be served from 11:30 a.m.-12:45 p.m. Students must register for lunch by calling 214-860-8673 prior to the course beginning and after student registration is complete.*

Reading/Writing/Math Camp 1st Graders \$120 36 HRS

CAMZ 1000

This is a fun-filled activity camp for students who have completed first grade. Activities included will be a book study, journal writing, and math challenges. Thinking skills will be emphasized through vocabulary development, grammar exercises, measurement games, and by analyzing geometric concepts, graphs and data.

** Free lunch for registered students.**

60701	8:30 AM - 11:30 AM	MTWR	6/7 - 6/24	MVC
60702	8:30 AM - 11:30 AM	MTWR	7/12 - 7/29	MVC

Reading/Writing/Math Camp 2nd Graders \$120 36 HRS

CAMZ 1000

This is a fun-filled activity camp for students who have completed second grade. Activities included will be a book study, journal writing, and math challenges. Thinking skills will be emphasized through vocabulary development, grammar exercises, measurement games, and by analyzing geometric concepts, graphs and data.

** Free lunch for registered students.**

60801	8:30 AM - 11:30 AM	MTWR	6/7 - 6/24	MVC
60802	8:30 AM - 11:30 AM	MTWR	7/12 - 7/29	MVC

Reading/Writing/Math Camp 3rd Graders \$120 36 HRS

CAMZ 1000

This is a fun-filled activity camp for students who have completed third grade. Activities included will be a book study, journal writing, and math challenges. Thinking skills will be emphasized through vocabulary development, grammar exercises, measurement games, and by analyzing geometric concepts, graphs and data.

** Free lunch for registered students.**

60901	8:30 AM - 11:30 AM	MTWR	6/7 - 6/24	MVC
60902	8:30 AM - 11:30 AM	MTWR	7/12 - 7/29	MVC

Reading/Writing/Math Camp 4th Graders \$120 36 HRS

CAMZ 1000

This is a fun-filled activity camp for students who have completed fourth grade. Activities included will be a book study, journal writing, and math challenges. Thinking skills will be emphasized through vocabulary development, grammar exercises, measurement games, and by analyzing geometric concepts, graphs and data.

** Free lunch for registered students.**

61001	1:00 PM - 4:00 PM	MTWR	6/7 - 6/24	MVC
61002	1:00 PM - 4:00 PM	MTWR	7/12 - 7/29	MVC

Reading/Writing/Math Camp 5th Graders \$120 36 HRS

CAMZ 1000

This is a fun-filled activity camp for students who have completed fifth grade. Activities included will be a book study, journal writing, and math challenges. Thinking skills will be emphasized through vocabulary development, grammar exercises, measurement games, and by analyzing geometric concepts, graphs and data.

** Free lunch for registered students.**

61101	1:00 PM - 4:00 PM	MTWR	6/7 - 6/24	MVC
61102	1:00 PM - 4:00 PM	MTWR	7/12 - 7/29	MVC

Reading/Writing/Math Camp 6th/7th Graders \$120 36 HRS

CAMZ 1000

This is a fun-filled activity camp for students who have completed sixth or seventh grade. Activities included will be a book study, journal writing, and math challenges. Thinking skills will be emphasized through vocabulary development, grammar exercises, measurement games, and by analyzing geometric concepts, graphs and data.

** Free lunch for registered students.**

61201	1:00 PM - 4:00 PM	MTWR	6/7 - 6/24	MVC
61202	1:00 PM - 4:00 PM	MTWR	7/12 - 7/29	MVC

■ DANCE

Ballet, Beginning Ages 3-4 \$50 5 HRS

CHLZ 1000

Ballet can improve children's coordination while developing grace and poise. This course introduces ballet as the basis for future development. Children become familiar with the origin of ballet, ballet terms, basic posture, positions, movements and techniques of ballet dance. Parents/guardians will be invited in class the fifth and last lessons. Leather ballet shoes, dance leotard and footed dance tights are required.

60507	10:00 AM - 10:30 AM	S	6/12 - 8/21	MVC
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Ballet, Beginning Ages 5-6 \$50 5 HRS

CHLZ 1000

Ballet can improve children's coordination while developing grace and poise. This course introduces ballet as the basis for future development. Children become familiar with the origin of ballet, ballet terms, basic posture, positions, movements and techniques of ballet dance. Parents/guardians will be invited in class the fifth and last lessons. Leather ballet shoes, dance leotard, and footed dance tights are required.

60207	12:45 PM - 1:15 PM	S	6/12 - 8/21	MVC
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Ballet, Beginning Ages 7-9 \$50 5 HRS

CHLZ 1000

Ballet can improve children's coordination while developing grace and poise. This course introduces ballet as the basis for future development. Children become familiar with the origin of ballet, ballet terms, basic posture, positions, movements and techniques of ballet dance. Parents/guardians will be invited in class the fifth and last lessons. Leather ballet shoes, dance leotard, and footed dance tights are required.

64405	1:20 PM - 1:50 PM	S	6/12 - 8/21	MVC
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Hip Hop, Beginning Ages 7-9
CHLZ 1000

\$50
5 HRS

Young children are introduced to the basic steps. Emphasis is on enjoying sounds and rhythm basic to dance as a basis for future development. Parents/guardians are invited in class the fifth and last lessons. Dance leotard and footed dance tights are required.

64305 1:55 PM - 2:25 PM S 6/12 - 8/21 MVC

Tap, Beginning Ages 3-4
CHLZ 1000

\$50
5 HRS

Young children are introduced to the basic tap steps. Emphasis will be on enjoying sounds and rhythm basic to tap dance as a basis for future development. Parents/guardians will be invited in class the fifth and last lessons. Tap shoes, dance leotard, and footed dance tights are required.

60305 10:35 AM - 11:05 AM S 6/12 - 8/21 MVC

Tap, Beginning Ages 5-6
CHLZ 1000

\$50
5 HRS

Young children are introduced to basic tap steps. Emphasis will be on enjoying sounds and rhythm basic to tap dance as a basis for future development. Parents/guardians will be invited in class the fifth and last lessons. Tap shoes, dance leotard and footed dance tights are required.

60405 11:10 AM - 11:40 AM S 6/12 - 8/21 MVC

■ **FINANCE**

JrFinance: Investor Education High Schoolers
TECZ 1000

\$110
24 HRS

This course teaches youth the basics of smart investment techniques, principles and strategies, and life skills needed to create a bright investment future. Lessons examine investment terminology and investment decision-making through illustration and mathematical computation. The curriculum is relevant to students' lives and designed to support financial success while meeting Texas education essential knowledge and skills standards. Textbook required. Min. Age: 14.

63501 9:30 AM - 11:30 AM MTWR 7/6 - 7/22 MVC

JrFinance: Investor Education Middle Schoolers
TECZ 1000

\$110
24 HRS

This course teaches youth the basics of smart investment techniques, principles and strategies, along with the life skills needed to create a bright investment future. Lessons examine investment terminology and investment decision-making through illustration and mathematical computation. The curriculum is relevant to students' lives and designed to support financial success while meeting Texas education essential knowledge and skills standards. Textbook required. Min. Age: 11.

63201 9:30 AM - 11:30 AM MTWR 7/6 - 7/22 MVC

JrFinance: Entrepreneurship High Schoolers
TECZ 1000

\$110
24 HRS

Learning how to start, manage, and invest in your own company is as easy as 1-2-3 for future entrepreneurs. This course teaches youth what it takes to be an entrepreneur, principles of small business management, and the life skills needed to create a successful company at an early age. Lessons examine entrepreneurial concepts and decision-making through illustration, real-life problems, and mathematical computation. Students who successfully complete training and write a full business plan will have opportunity to enter in a city-wide business plan competition for cash investment. Textbook required. Min. Age: 14.

63601 10:00 AM - 11:30 AM MTWR 7/26 - 8/19 MVC

JrFinance: Entrepreneurship Middle Schoolers
TECZ 1000

\$110
24 HRS

Learning how to start, manage, and invest in your own company is as easy as 1-2-3 for future entrepreneurs. This course teaches youth what it takes to be an entrepreneur, principles of small business management, and the life skills needed to create a successful company at an early age. Lessons examine entrepreneurial concepts and decision-making through illustration, real-life problems, and mathematical computation. Students who successfully complete training and write a full business plan will have opportunity to enter city-wide business plan competition for cash investment. Textbook required. Min. Age: 11.

63301 10:00 AM - 11:30 AM MTWR 7/26 - 8/19 MVC

JrFinance: Money Mgmt High Schoolers
TECZ 1000

\$110
24 HRS

Managing your money can be fun and rewarding. This course teaches youth the basics of smart money and credit management and the life skills needed to create a bright financial future. Lessons examine financial concepts and decision-making through illustration, real-life problems, and mathematical computation. The curriculum is relevant to students' lives and is designed to support financial success while meeting Texas education essential knowledge and skills standards. Textbook required. Min. Age: 14.

63401 10:00 AM - 11:30 AM MTWR 6/7 - 7/1 MVC

JrFinance: Money Mgmt Middle Schoolers
TECZ 1000

\$110
24 HRS

Managing your money can be fun and rewarding. This course teaches youth the basics of smart money and credit management and the life skills needed to create a bright financial future. Lessons examine financial concepts and decision-making through illustration, real-life problems, and mathematical computation. The curriculum is relevant to students' lives and is designed to support financial success while meeting Texas education essential knowledge and skills standards. Textbook required. Min. Age: 11.

63101 10:00 AM - 11:30 AM MTWR 6/7 - 7/1 MVC

■ GUITAR

Guitar for Youth I Ages 8-10 **\$40**
MUAZ 1000 **12 HRS**

Have fun while learning to play the guitar in this step-by-step instruction class. This introduction class covers basic guitar techniques, simple melodies, a variety of chords, and strumming patterns. Acoustic or electric guitar required. Electric guitar users: please bring guitar amps.

64505 8:00 AM - 9:30 AM S 6/19 - 8/7 MVC

Guitar for Youth I Ages 11-13 **\$40**
MUAZ 1000 **12 HRS**

Have fun while learning to play the guitar in this step-by-step instruction class. This introduction class covers basic guitar techniques, simple melodies, a variety of chords, and strumming patterns. Acoustic or electric guitar required. Electric guitar users: please bring guitar amps.

64606 9:45 AM - 11:15 AM S 6/19 - 8/7 MVC

Guitar for Youth II Ages 8-10 **\$40**
MUAZ 1000 **12 HRS**

This class is for those who have some beginning experience playing the guitar and want to learn more. Students will continue to build on basic guitar techniques, melodies, and chords. Acoustic or electric guitar required. Electric guitar users: please bring guitar amps.

64705 11:30 AM - 1:00 PM S 6/19 - 8/7 MVC

Guitar for Youth II Ages 11-13 **\$40**
MUAZ 1000 **12 HRS**

This class is for those who have some beginning experience playing the guitar and want to learn more. Students will continue to build on basic guitar techniques, melodies, and chords. Acoustic or electric guitar required. Electric guitar users: please bring guitar amps.

65204 1:15 PM - 2:45 PM S 6/19 - 8/7 MVC

Guitar for Youth III Ages 8-10 **\$40**
MUAZ 1000 **12 HRS**

Be the best player you can be. This class is for those students ready to expand their guitar skills. Advanced instruction in technique building, chords, scales, and music theory will be covered.

65502 3:00 PM - 4:30 PM S 6/19 - 8/7 MVC

Guitar for Youth III Ages 11-13 **\$40**
MUAZ 1000 **12 HRS**

Be the best player you can be. This class is for those students ready to expand their guitar skills. Advanced instruction in technique building, chords, scales, and music theory will be covered.

65602 4:45 PM - 6:15 PM S 6/19 - 8/7 MVC

■ MODELING/SELF-ESTEEM

Modeling for Young People Ages 9-12 **\$45**
CHLZ 1000 **12 HRS**

In this course the instructor will teach students how to walk for fashion shows, which will promote their self-confidence along with building high self-esteem and proper etiquette. Students will be informed about the modeling field and modeling opportunities. Parents/guardians will be invited out to their fashion show during their last session.

69801 5:30 PM - 7:30 PM TR 6/18 - 6/24 MVC

Self-Esteem & Confidence Building Ages 5-8 **\$45**
CHLZ 1000 **12 HRS**

In this course students will have an opportunity to engage in activities that will help to build on their self-esteem and self-confidence. They will be able to take a closer look at themselves by learning to appreciate who they are as individuals. This will be done by using a variety of techniques; individual/group presentations, WHO AM I role playing and mirror exercises.

60301 5:30 PM - 7:30 PM TR 8/3 - 8/19 MVC

Self-Esteem & Confidence Building Ages 9-12 **\$45**
CHLZ 1000 **12 HRS**

In this course students will have an opportunity to engage in activities that will help to build on their self-esteem and self-confidence. They will be able to take a closer look at themselves by learning to appreciate who they are as individuals. This will be done by using a variety of techniques; individual/group presentations, WHO AM I role playing and mirror exercises.

60401 5:30 PM - 7:30 PM MW 8/2 - 8/18 MVC

Self-Esteem & Confidence Building Ages 13-17 **\$45**
CHLZ 1000 **12 HRS**

In this course students will have an opportunity to engage in activities that will help to build on their self-esteem and self-confidence. They will be able to take a closer look at themselves by learning to appreciate who they are as individuals. This will be done by using a variety of techniques; individual/group presentations, WHO AM I role playing and mirror exercises.

60311 5:30 PM - 7:30 PM MW 6/7 - 6/23 MVC

■ PHOTOGRAPHY

Digital Photography for Youth **\$38**
PHOZ 1000 **6 HRS**

Learn how to really use digital cameras and computers. This course focuses on selecting the right equipment; setting up cameras and computers; creating files and sending them as e-mail or saving them to a CD. Some working knowledge of Microsoft Windows is helpful.

61301 10:00 AM - 12:00 PM S 6/12 - 6/26 MVC

■ RECREATION & FITNESS

Baseball Mini-Camp Ages 12-16 \$36 12 HRS CHPZ 1000

Improve your throwing, fielding, and hitting skills as well as your base-running ability. And, of course, learn and exchange baseball trivia along the way. Bring a glove and bottle of water.

67201 9:00 AM - 12:00 PM MTWR 6/21 - 6/24 MVC

Basketball Mini-Camp Ages 8-16 \$36 12 HRS CHPZ 1000

Are you interested in learning the ever-popular sport of basketball? Learn new techniques while having fun.

67601 2:00 PM - 5:00 PM MTWR 7/26 - 7/29 MVC

Football Mini-Camp Ages 12-16 \$36 12 HRS CHPZ 1000

Students will learn about individual positions and will participate in team and individual competitions. Bring a football and bottle of water.

67401 9:00 AM - 12:00 PM MTWR 7/12 - 7/15 MVC

Golf Mini-Camp Ages 12-16 \$36 12 HRS CHPZ 1000

Learn the proper grip, stance, drive approach shots, and putting involved with golf. Students will also learn the rules and etiquette of golf. Special emphasis is on taking advantage of each person's particular strengths and understanding the philosophy of the game. Bring your own clubs, if you have them, limited supply available for those that do not own clubs.

67501 9:00 AM - 12:00 PM MTWR 7/19 - 7/22 MVC

Gymnastics Mini-Camp Ages 8-11 \$36 12 HRS CHPZ 1000

Children can improve coordination, balance and motor skills while learning basic tumbling. Skills introduced will include forward and backward rolls, cartwheels, and movements. Children must wear their hair back and comfortable clothes.

67301 9:00 AM - 12:00 PM MTWR 6/28 - 7/1 MVC

Martial Arts Ages 7-15 \$45 12 HRS PHEZ 1000

Utilize martial arts techniques to obtain basic fitness. Topics include stretching, warm-up, kicking techniques, hand attack techniques, stances, blocking attacks, attack formations, and one-step sparring, as well as speed, power and stamina drills.

61703 2:35 PM - 4:05 PM S 6/19 - 8/7 MVC

Soccer Mini-Camp Ages 8-11 \$36 12 HRS CHPZ 1000

Children improve their game and learn the basic techniques, kicks, and posture of a great sport-soccer! Fundamentals will be emphasized. All students should have a set of shin guards for safety and a size 4 soccer ball.

67001 9:00 AM - 12:00 PM MTWR 6/7 - 6/10 MVC

Tae Kwon Do Ages 7-11 \$50 12 HRS PHEZ 1000

This course will introduce the basics of one of the most popular martial arts, Tae Kwon Do. Students will learn strategies of self-defense, self-discipline, self-control and gain confidence. Come challenge yourself in mind, body, and spirit. Class instruction led by Sensei Nava. Students should wear comfortable clothes and bring a towel and water.

65307 7:00 PM - 8:00 PM MW 6/14 - 7/26 MVC

Tennis Mini-Camp Ages 10-17 \$36 12 HRS CHPZ 1000

Students learn the fundamentals of the game which include terminology, rules, and proper court etiquette. On-court instructions cover stance, grip, forehand and backhand strokes, overheads and lobs, serves and volleys, and scoring. Competitive drills and activities are included for proper footwork. Students must bring a new can of Wilson tennis balls to the first day of class, along with their own racquet.

67701 8:30 AM - 11:30 AM MTWR 6/14 - 6/17 MVC

Volleyball Mini-Camp Ages 12-16 \$36 12 HRS CHPZ 1000

Learn the insights of the game; rules of volleyball, learn how to bump, set and spike. Students will jump and block balls at the net then dive and dig balls from hitting the floor. Students will also learn the proper technique to serving, overhead and underhand. Students must provide and bring their own knee pads for every workout session and bring one volleyball.

67101 8:30 AM - 11:30 AM MTWR 8/2 - 8/5 MVC

Zumba Dance for Youth Ages 9-15 \$35 8 HRS CHLZ 1000

Zumba dance is aerobic dance set to Latin and international music which enables a high energy workout. This class is geared towards children and uses dance steps that they can perform with ease while experiencing all the health benefits of this popular fitness system. Loose clothing and exercise shoes should be worn. Students should bring a bottle of water to class.

60105 6:00 PM - 7:00 PM TR 6/15 - 7/8 MVC

60106 6:00 PM - 7:00 PM TR 7/20 - 8/12 MVC

■ ROBOTICS

Robot Building Ages 9-12 \$56 10 HRS CHLZ 1000

Students will learn to put a simple robot together. Each student will assemble and race their robot by the end of the session.

63301 1:00 PM - 3:00 PM MTWRF 6/21 - 6/25 MVC

SUGGESTIONS?

If you have suggestions about classes that we are not currently offering, please e-mail:

MVC-CEsuggestions@dcccd.edu.

Thank you!

■ **SPANISH**

Spanish Mini-Camp for 1st Graders **\$36**
12 HRS
CAMZ 1000

Studies show that the earlier children begin learning a second language, the better they will be able to master the language later in life. This course will give youngsters a head start in learning Spanish. Children will learn basic vocabulary through games, activities, and videos.

61701	8:30 AM - 10:00 AM	S	6/5 - 7/31	MVC
61702	12:00 PM - 1:00 PM	MTWR	7/19 - 8/5	MVC

Spanish Mini-Camp for 2nd-3rd Graders **\$36**
12 HRS
CAMZ 1000

Studies show that the earlier children begin learning a second language, the better they will be able to master the language later in life. This course will give youngsters a head start in learning Spanish. Children will learn basic vocabulary through games, activities, and videos.

61801	10:00 AM - 11:30 AM	S	6/5 - 7/31	MVC
61802	1:10 PM - 2:10 PM	MTWR	7/19 - 8/5	MVC

Spanish Mini-Camp for 4th-5th Graders **\$36**
12 HRS
CAMZ 1000

Studies show that the earlier children begin learning a second language, the better they will be able to master the language later in life. This course will give youngsters a head start in learning Spanish. Children will learn basic vocabulary through games, activities, and videos.

61901	12:30 PM - 2:00 PM	S	6/5 - 7/31	MVC
61902	2:15 PM - 3:15 PM	MTWR	7/19 - 8/5	MVC

Spanish Mini-Camp for 6th Graders **\$36**
12 HRS
CAMZ 1000

Studies show that the earlier children begin learning a second language, the better they will be able to master the language later in life. This course will give youngsters a head start in learning Spanish. Children will learn basic vocabulary through games, activities, and videos.

62001	2:00 PM - 3:30 PM	S	6/5 - 7/31	MVC
62002	3:20 PM - 4:20 PM	MTWR	7/19 - 8/5	MVC

■ **SWIMMING**

Rachael Bellamy has been involved in learn-to-swim programs since she was 3 weeks old as a participant and continued her aquatics education by assisting with swimming classes and later earning her Water Safety Instructor Aide, Water Safety Instructor, and Lifeguard certifications through the American Red Cross.

Rachael has been involved in swimming programs at youth summer camp, Eastfield College, and is currently the summer lead swimming instructor at Mountain View College. She also teaches private and semi-private lessons.

Rachael's current certifications include: Red Cross certified in Water Safety Aide, Water Safety Instructor, Lifeguard, First Aid, CPR for the Professional Rescuer, and AED.

Swimming, Waterbabies Ages 6-36 months **\$60**
8 HRS
CHPZ 1000

Caregivers will accompany children in the pool for the entire lesson. This class is designed for one-on-one interaction between the caregiver and child, and instructor and child. The main objective is water adaptation and comfort. Skills will include beginning floating, breath control, kicking, and various pool safety skills. Instruction is 50 minutes, with the last 10 minutes of the hour reserved for Q & A between caregiver and instructor. No prerequisite is required.

62904	3:00 PM - 3:50 PM	MTWR	6/7 - 6/17	MVC
62901	9:00 AM - 9:50 AM	S	6/12 - 8/7	MVC
62902	10:00 AM - 10:50 AM	S	6/12 - 8/7	MVC
62903	4:00 PM - 4:50 PM	S	6/12 - 8/7	MVC
62905	3:00 PM - 3:50 PM	MTWR	6/21 - 7/1	MVC
62906	3:00 PM - 3:50 PM	MTWR	7/12 - 7/22	MVC
62907	4:00 PM - 4:50 PM	MTWR	7/26 - 8/5	MVC
62908	2:00 PM - 2:50 PM	MTWR	8/9 - 8/19	MVC



Swimming, Toddlers Ages 3-5 **\$60**
8 HRS
CHPZ 1000

Toddlers learn to feel safe and secure in or near water while they practice swimming techniques. Instruction includes breath control, arm strokes, kicks, floating techniques, basic safety and swimming fundamentals. A caregiver must join their child in the water the last 20 minutes of the class for reinforcement of skills. Instruction is 50 minutes, with the last 10 minutes of the hour reserved for Q & A between caregiver and instructor. No prerequisite is required.

63103	2:00 PM - 2:50 PM	MTWR	6/7 - 6/17	MVC
63101	11:00 AM - 11:50 AM	S	6/12 - 8/7	MVC
63102	3:00 PM - 3:50 PM	S	6/12 - 8/7	MVC
63104	2:00 PM - 2:50 PM	MTWR	6/21 - 7/1	MVC
63105	3:00 PM - 3:50 PM	MTWR	7/12 - 7/22	MVC
63106	3:00 PM - 3:50 PM	MTWR	7/26 - 8/5	MVC
63107	4:00 PM - 4:50 PM	MTWR	8/9 - 8/19	MVC

Swimming, Toddlers Semi-Private Ages 3-5 **\$125**
8 HRS
CHPZ 1000

Maximum enrollment is 5 students. Smaller classroom atmosphere provides more individualized instruction. Toddlers learn to feel safe and secure in or near water while they practice swimming techniques. Instruction includes breath control, arm strokes, kicks, floating techniques, basic safety, and swimming fundamentals. A caregiver must join their child in the water the last 20 minutes of the class for reinforcement of skills. Instruction is 50 minutes, with the last 10 minutes of the hour reserved for Q & A between caregiver and instructor. No prerequisite is required.

63302	3:00 PM - 3:50 PM	MTWR	6/7 - 6/17	MVC
63301	9:00 AM - 9:50 AM	S	6/12 - 8/7	MVC

Swimming, Beginners 2 Ages 6 & Up **\$60**
CHPZ 1000 **8 HRS**

This class is designed for children who have minimal water skills but are comfortable with water and do not have fear of water. This is an American Red Cross Level 3 course designed to introduce swimming skills and expand knowledge of basic water safety. Course objectives include floating, front crawl, back crawl, rotary breathing, jumping in, and diving. Instruction is 50 minutes, with the last 10 minutes of the hour reserved for Q & A between caregiver and instructor. A skills test will be given on the first day of class in order to assess level of performance. No prerequisite is required.

63703	1:00 PM - 1:50 PM	MTWR	6/7 - 6/17	MVC
63701	11:00 AM - 11:50 AM	S	6/12 - 8/7	MVC
63702	2:00 PM - 2:50 PM	S	6/12 - 8/7	MVC
63704	1:00 PM - 1:50 PM	MTWR	6/21 - 7/1	MVC
63705	2:00 PM - 2:50 PM	MTWR	6/21 - 7/1	MVC
63706	1:00 PM - 1:50 PM	MTWR	7/12 - 7/22	MVC
63707	2:00 PM - 2:50 PM	MTWR	7/12 - 7/22	MVC
63708	1:00 PM - 1:50 PM	MTWR	7/26 - 8/5	MVC
63709	2:00 PM - 2:50 PM	MTWR	7/26 - 8/5	MVC
63710	2:00 PM - 2:50 PM	MTWR	8/9 - 8/19	MVC
63711	3:00 PM - 3:50 PM	MTWR	8/9 - 8/19	MVC

Swimming, Beginners 3 Ages 6 & Up **\$60**
CHPZ 1000 **8 HRS**

This class is designed for children who can demonstrate all skills in American Red Cross Level 3 and need to perfect those skills in order to advance to Level 4. This is an American Red Cross Level 3 course designed to introduce swimming skills and expand knowledge of basic water safety. Course objectives include perfection of knowledge and skills in floating, front crawl, back crawl, rotary breathing, jumping in, and diving. Instruction is 50 minutes, with the last 10 minutes of the hour reserved for Q & A between caregiver and instructor. A skills test will be given on the first day of class in order to assess level of performance. Level 3 skills required.

63901	12:00 PM - 12:50 PM	S	6/12 - 8/7	MVC
63902	3:00 PM - 3:50 PM	MTWR	6/21 - 7/1	MVC
63903	3:00 PM - 3:50 PM	MTWR	7/26 - 8/5	MVC
63904	4:00 PM - 4:50 PM	MTWR	8/9 - 8/19	MVC

Swimming, Beginners I Ages 6 & Up **\$60**
CHPZ 1000 **8 HRS**

This course is a slower paced class designed for children who have trouble adapting to and/or have a fear of the water. This is an American Red Cross Level 3 course designed to introduce swimming skills and expand knowledge of basic water safety. Course objectives include floating, front crawl, back crawl, rotary breathing, jumping in, and diving. Instruction is 50 minutes, with the last 10 minutes of the hour reserved for Q & A between caregiver and instructor. A skills test will be given on the first day of class in order to assess level of performance. No prerequisite is required.

63507	1:00 PM - 1:50 PM	MTWR	6/7 - 6/17	MVC
63506	2:00 PM - 2:50 PM	MTWR	6/7 - 6/17	MVC
63505	4:00 PM - 4:50 PM	MTWR	6/7 - 6/17	MVC
63504	10:00 AM - 10:50 AM	S	6/12 - 8/7	MVC
63501	2:00 PM - 2:50 PM	S	6/12 - 8/7	MVC
63502	3:00 PM - 3:50 PM	S	6/12 - 8/7	MVC

63503	4:00 PM - 4:50 PM	S	6/12 - 8/7	MVC
63508	1:00 PM - 1:50 PM	MTWR	6/21 - 7/1	MVC
63509	4:00 PM - 4:50 PM	MTWR	6/21 - 7/1	MVC
63510	2:00 PM - 2:50 PM	MTWR	7/12 - 7/22	MVC
63511	4:00 PM - 4:50 PM	MTWR	7/12 - 7/22	MVC
63512	1:00 PM - 1:50 PM	MTWR	7/26 - 8/5	MVC
63513	2:00 PM - 2:50 PM	MTWR	7/26 - 8/5	MVC
63514	4:00 PM - 4:50 PM	MTWR	7/26 - 8/5	MVC
63515	1:00 PM - 1:50 PM	MTWR	8/9 - 8/19	MVC

Swimming, Beginners Semi-Private Ages 6 & Up **\$125**
CHPZ 1000 **8 HRS**

This class is designed for children who have minimal water skills but are comfortable with water and do not have fear of water. Maximum enrollment is 6 students. Smaller classroom atmosphere provides more individualized instruction. This is an American Red Cross Level 3 course designed to introduce swimming skills and expand knowledge of basic water safety. Course objectives include floating, front crawl, back crawl, rotary breathing, jumping in, and diving. Instruction is 50 minutes, with the last 10 minutes of the hour reserved for Q & A between caregiver and instructor. A skills test will be given on the first day of class in order to assess level of performance. No prerequisite is required.

64102	4:00 PM - 4:50 PM	MTWR	6/7 - 6/17	MVC
64101	4:00 PM - 4:50 PM	S	6/12 - 8/7	MVC
64103	4:00 PM - 4:50 PM	MTWR	6/21 - 7/1	MVC
64104	4:00 PM - 4:50 PM	MTWR	7/12 - 7/22	MVC
64105	3:00 PM - 3:50 PM	MTWR	8/9 - 8/19	MVC

Swimming, Advanced Beginners Ages 6 & Up **\$60**
CHPZ 1000 **8 HRS**

This course is for children who have already passed the Red Cross Beginners (Level 3) class or are able to demonstrate all skills to the Level 3 standard in floating, front crawl, back crawl, rotary breathing, jumping in, and diving. Students will work on front and back crawl stroke refinement and more advanced activities such as treading water, elementary back stroke, whip kick, and other Level 4 skills. Instruction is 50 minutes, with the last 10 minutes of the hour reserved for Q & A between caregiver and instructor. A skills test will be given on the first day of class in order to assess level of performance. Prerequisite is American Red Cross Level 3 certification or demonstration of equivalent skills.

64301	12:00 PM - 12:50 PM	S	6/12 - 8/7	MVC
64302	1:00 PM - 1:50 PM	MTWR	7/12 - 7/22	MVC
64303	1:00 PM - 1:50 PM	MTWR	8/9 - 8/19	MVC

PRIVATE SWIMMING LESSONS AVAILABLE

One-on-one instruction is offered for participants of any age and skill level who want to further their knowledge of water based activity. Lessons are based on the needs of the individual and catered to their personal goals of water safety and awareness, physical fitness, and overall swimming ability. Instruction is based on American Red Cross techniques and stroke progression which includes breath control, arm strokes, kicks, floating techniques and basic safety and swimming fundamentals. Each lesson is 30 minutes.

Contact Liz Jackson at 214-860-8682 to set up lessons.

Four 30-minute lessons: **\$150**
Eight 30-minute lessons: **\$250**