

2010 SWIM PROGRAMS

PRESENTED BY:

FIRST COLONY SWIM TEAM (FCST) & FIRST COLONY COMMUNITY ASSOCIATION

First Colony Swim Team (FCST) and the First Colony Community Association (FCCA) have joined together to offer great aquatic programming for you! All of the opportunities listed will be available at a First Colony community pool near you. All lessons will be taught by American Red Cross certified coaches.

PROGRAMMING DESCRIPTION AND COSTS

Please See Last Page For Registration Information.

FCST YOUTH BASIC SWIM LESSONS: These lessons are dedicated to swimmers who are at the beginning stages of swimming and are looking to advance their skill level. Our instructors will introduce the basic fundamentals of proper swimming technique through drill and skill work. Our goal is to provide a fun atmosphere where your swimmer will be assisted in learning how to swim backstroke & freestyle. Each session consists of six lessons that are 45 minute each.

**Prerequisites:* The swimmer must be comfortable in chest-deep water and able to put their face in the water and blow bubbles for 5-10 seconds.

Ages: 7 - 14

Cost: \$100.00 (add \$10 if not a FCCA resident)

Each class will be limited to 6 swimmers with a minimum of 4 swimmers in each class.

Location: Austin Park Community Pool

Time: Class I 10:00 AM to 10:45 AM Tuesdays & Thursdays

Class II 6:15 PM to 7:00 PM Tuesdays & Thursdays

Session I: June 8 thru June 24 (registration due by: June 1st)

Session II: June 29 thru July 15 (registration due by: June 22nd)

Session III: July 20 thru August 5 (registration due by: July 13th)

FCST YOUTH STROKE LESSONS: These lessons are dedicated to swimmers that are in the developmental stages of learning all four competitive strokes. Our instructors will introduce the basic fundamentals of each of the four competitive strokes through drill work and repetition. Some classes may include video viewing time for stroke demonstration. Each session consists of six lessons that are 45 minutes each.

**Prerequisites:* The swimmer must be able to swim 25 yards of Freestyle & Backstroke without in-water assistance.

Ages: 7 - 14

Cost: \$100.00 (add \$10 if not a FCCA resident)

Each class will be limited to 6 swimmers with a minimum of 4 swimmers in each class.

Location: Austin Park Community Pool

Time: Class I 10:00 AM to 10:45 AM Tuesdays & Thursdays
Class II 6:15 PM to 7:00 PM Tuesdays & Thursdays

Session I: June 8 thru June 24 (registration due by: June 1st)
Session II: June 29 thru July 15 (registration due by: June 22nd)
Session III: July 20 thru August 5 (registration due by: July 13th)

FCST ADULT BEGINNER SWIM LESSONS AND FAMILY WATER SAFETY:

It's never too late to learn to enjoy the water while gaining the skill needed to keep your family safe at the pool. This class will help participants become comfortable in the water and teach them how to enjoy it safely. Participants will learn beginner level progressions for all four strokes at their own pace & basic water rescue skills; all while getting a great aquatic workout. Each session consists of six lessons that are 45 minutes each.

Ages: 15 & Up
Cost: \$100.00 (add \$10 if not a FCCA resident)

Each class will be limited to 6 swimmers with a minimum of 4 swimmers in each class.

Location: Austin Park Community Pool

Time: 7:00 PM to 7:45 PM Tuesdays & Thursdays

Session I: June 8 thru June 24 (registration due by: June 1st)
Session II: June 29 thru July 15 (registration due by: June 22nd)
Session III: July 20 thru August 5 (registration due by: July 13th)

FCST SYNCHRONIZED SWIMMING 101 – *Do you love Swimming, Dancing, and Gymnastics?*

Do them all at once while learning an Olympic Sport! Synchronized Swimming is the execution of precision movements performed to music on, above, or beneath the water. The sport combines athletic endeavor with aesthetic grace and attracts athletes who possess strength, flexibility, and creativity. This camp is designed to introduce a swimmer to the fundamentals of synchronized swimming. This is a great option for a swimmer to learn sculling techniques and basic synchronized swimming skills. Each Session will consist of 6/ 1 hour classes.

***Prerequisite: Basic swimming skills are necessary (50 meters Freestyle and Backstroke).**
It is recommended that swimmers feel comfortable in deep water.

Age 8 & Up
Cost: \$120.00 (10 swimmers per class)

Location: First Colony Aquatic Center

Time: Evenings (TBD)

Session I: Weeks of June 6th and 13th (3 Classes each week TBD)
Session II Weeks of July 11th and 18th (3 Classes each week TBD)

Contact Person: Tami Huff at coachhuff@swimfcst.com

FCST MASTERS SWIMMING-

The mission of FCST Masters Swimming is to promote fitness, health, wellness, competition, and love for the sport of swimming to all levels of adult swimmers. Our goal is to meet every adult swimmer at their current level and help them achieve their competitive or fitness goals. Please check the following link for how to sign up for our Masters Group at FCST.

For more information, please email Masters@swimfcst.com or call the FCST office at 281-969-8759
There are several classes held weekly to meet your busy schedule!
FCST would love to have you as a Masters Swimmer!

FCST & FCCA REGISTRATION & POLICIES

Registration:

Please call the FCCA office at 281-634-9555 or 281-634-9500 and tell them:

“I need to sign up for the FCST Swim Lessons.”

Registration Policies:

- Please do not fax or mail your registration, it will not be accepted.
- Please call FCCA to register and you may pay by Visa/MC.
- You may also register and pay by Cash or Check as a “walk-in” at the FCCA Office located at 4350 Austin Parkway.
- Class spots are not reserved until full payment is received 1 week prior to the start of the 1st class time.

PLEASE NOTE THAT: POOL LOCATIONS ARE SUBJECT TO CHANGE AT ANY TIME. IF THAT HAPPENS, YOU WILL BE NOTIFIED OF THAT CHANGE.

Refunds: No refunds after the second lesson. If a refund is necessary then there will be a \$35.00 processing fee for paper work and for the time of the instructor for the first lesson.

Make-Up Policy: In the event of bad weather, FCST will provide up to 2 make-up classes per session. These make up classes may be combined with another class in another session. The date will be determined by the availability of lane space.

Involuntary Absence Policy: Absences due to illness, family emergency or prearranged missed dates may be made up only through special permission of the program coordinator. No drop in make-up dates will be permitted. Make-up classes will be based on lane space and instructor availability.

If you have any specific questions about the programs being offered, please feel free to email Wendy, the FCST Lesson Program Coordinator, at:
lessons@swimfcst.com.
