

LAC DU COURS SUMMER RECREATION 2019

Swim Lessons

All classes are Monday-Thursday. Friday will be a make-up day if needed (due to weather cancellations).

Guard Start	9:00-9:25
Endurance & Stroke	9:30-10:25
Level 4-5	10:30-10:55
Level 2-3	11:00-11:25
Level 1/Toddlers	11:30-11:55

Swimming Dates & Prices

	Dates	Price
Session I	6/17-6/27	\$60
Session II*	7/8-7/18	\$60
Session III	7/22-8/1	\$60
Session IV	8/5-8/15	\$60

*No classes the week of July 4.

The Red Cross skill levels are detailed below to allow you to select the appropriate class for your child. In order to best utilize the lifeguards time and skills, each child will be assessed on the first day of his/her swim lesson and instructional groups will be formed based on all the children's skills. We will do our best to keep the ½ hour lessons in the proposed time frames.

Toddlers

Children will learn water adjustment and entry, front kick and flotation, bubble blowing, gliding, arm movement and combined skills for both front and back positions.

Level 1: Water Exploration

Children will learn face submersion, unsupported floating, kicking and safety.

Level 2: Primary Skills

Children will gain increased independence, learn rhythmic breathing, back crawl and turning over.

Level 3: Stroke Readiness

Children will improve front crawl, learn elementary back stroke and treading water.

Level 4: Stroke Development

Children will learn breaststroke, sidestroke, turns at the wall and increased endurance.

Level 5: Stroke Refinement

Children will improve the breaststroke, sidestroke, swimming under-water, elementary backstroke, butterfly, front crawl and back crawl for extended lengths of the pool.

American Red Cross Guard Start

Designed for youth ages 11 to 14 with swimming skills, this program makes an ideal transition between Red Cross Learn-to-Swim and Lifeguard Training Course. Guard Start focuses on five key areas: Prevention of aquatic accidents; Fitness and swimming skills; Response in an emergency; Leadership skills; Professionalism as a lifeguard.

Endurance & Stroke Development Class

Recommended age: 7+

Monday-Thursday (Friday make-up if needed)
9:30-10:25

This class is for advanced swimmers needing to improve their endurance and stroke development (Red Cross Level 6 instruction). This class is intended for children who have passed Level 5 swim lessons.

	Dates	Price
Session I	6/17-6/27	\$75
Session II	7/8-7/18	\$75
Session III	7/22-8/1	\$75
Session IV	8/5-8/15	\$75

Splash Day

Age: 5+

Poolside party for the kids hosted by the lifeguards. They'll play pool and beach games, treasure hunts and more! Kids will be separated by age.

Dates	Time	Price
6/21, 7/12, 7/26, 8/9	11-11:45am	\$30

Note: If your child cannot swim unassisted, water wings are required.

For questions, please email social@lacducours.org

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Kids Tennis:

7-9 year olds (Orange Ball):

	Dates	Time	Cost
Session I	June 18, 20, 25, 27	1:00-2:00pm	\$62
Session II	July 16, 18, 23, 25	1:00-2:00pm	\$62
Session III	July 30, Aug 1, 6, 8	1:00-2:00pm	\$62

*3 person minimum per session

10-14 year olds (Green Ball/Regular Ball):

	Dates	Time	Cost
Session I	June 18, 20, 25, 27	2:00-3:00pm	\$62
Session II	July 16, 18, 23, 25	2:00-3:00pm	\$62
Session III	July 30, Aug 1, 6, 8	2:00-3:00pm	\$62

*3 person minimum per session

USTA QuickStart Tennis format works by getting kids into the game immediately. The more fun they have by being able to rally, the more they will play and the faster they will learn. The ball color is an ability-based progression. Please contact Kaila at kailahaws@eliteclubs.com with any questions about which level to enroll your child.

Moonlight Swims and Flick & Floats: FREE!

	Dates	Time
Moonlight Swims	June 28, July 26, August 9	8:00-10:00pm
Flick & Floats	July 12 & 19, August 16, 23	8:00-10:00pm

A food truck will be present for these events!

For questions, please email social@lacducours.org

Adult Tennis & Pickleball: FREE!

	Dates	Time
Tennis	June 13-August 29	Thursday Evenings 6:00-7:00pm
Pickleball	June 18-August 27	Tuesday Evenings 6:00-7:00pm

All ages and abilities are welcome. Bring a racket/balls and meet at the LDC courts (a few LDC Pickleball paddles are available for use)! Please email social@lacducours.org to be added to the tennis and/or pickleball email contact list. Walk-ins are welcome!

Kids Soccer:

6-10 year olds:

	Dates	Time	Cost
Session I	June 17, 19, 24, 26	9:30-10:30am	\$20
Session II	July 8, 10, 15, 17	9:30-10:30am	\$20

*6 person minimum per session

Instructors will teach proper soccer skills like dribbling, passing, trapping, shooting, defending and basic soccer rules. The session will consist of energized age appropriate games and activities.

Family Campout:

	Dates	Cost
Session I	August 3	\$20/family

Pitch your tent in the field with your neighbors! Families of all ages welcome. Bring a dish to pass and your own grilling meat for dinner. We will cook the food over the campfire, have s'mores, and enjoy a night under the stars! Continental breakfast will be provided the following morning in the clubhouse. Tents may be pitched starting at 4:00pm.

Juggling:

	Dates	Cost
Session I	August TBD	FREE

Please contact bdorf@yahoo.com to participate!