

## Private & Semi-Private Lessons

Private (one swimmer) & Semi-Private (2 swimmers) are also available upon request and can be scheduled through the Aquatics Director.

Package	Price
<b>Gold</b> Lessons in this package are taught by the Aquatics Director or Head Swim Coach	\$20/lesson
<b>Silver</b> Lessons in this package are taught by an Assistant Swim Coach or the Deputy Director	\$15/lesson
<b>Bronze</b> Lessons in this package are taught by a trained QCC swim instructor	\$10/lesson

## Contact Us & Register Today!

2410 State Street  
Quincy, IL  
62301

Clubhouse Phone: 217-223-3452

Pool Phone: 217-214-9003

Olivia's Email: [qccaquatics@gmail.com](mailto:qccaquatics@gmail.com)

Coach Abbey's Email: [qcstingrays@gmail.com](mailto:qcstingrays@gmail.com)



# Swim Camp



## QUINCY COUNTRY CLUB

Summer 2019



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# Swimming Lessons

## Level 1: WHALES: 8 lessons for \$50

Perfect for novice swimmers, the focus of this level is bubbles, bobs, floats, and glides; kicking and arm actions will also be introduced, along with water safety tips appropriate for the swimmer's age and skill level.

**Prerequisite:** swimmer is able to take direction from coach.

**Ages:** Pre-K- 3-5 years   **School-Age:** 6-12 years

## Level 2: Sharks: 8 lessons for \$50

Perfect for swimmers who can float independently and are comfortable putting their face in the water, this level focuses on traveling, breath control, and strokes. More technical skills will also be introduced, along with water safety tips appropriate for both the swimmer's age and skill level.

**Prerequisite:** swimmer is able to perform front and back floats and glides with a recovery for 3-5 full seconds and take direction from coach.

**Ages:** Pre-K- 3-5 years   **School-Age:** 6-12 years

## Level 3: Dolphins: 8 lessons for \$50

Perfect for swimmers who need some stroke development, this level focuses on freestyle with rotary breathing, backstroke, and breaststroke. Turns and circle swimming will also be introduced, along with safety tips appropriate for both the swimmer's age and skill level.

**Prerequisite:** swimmer can swim half a length of the pool (12.5 yards) on the front and back independently and can take direction from coach.

**Ages:** Pre-K- 3-5 years   **School-Age:** 6-12 years

# SWIM TEAM: STINGRAYS

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*Get your feet wet in pre-competitive swimming as a member of QCC's Stingray Swim Team! Our program is designed to provide a competitive but fun-filled experience for swimmers new or knowledgeable about competitive swimming*

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**Junior Varsity (10&Under):**                      **\$100**

Swimmers ages five (5) through ten (10) years old will be introduced to competitive swimming by learning how to circle-swim, proper starts, turns, and finishes, stroke development, terminology, drills, how to read a work-out, and more.

**Prerequisites:** Swimmer must be able to swim 25 yards continuous front crawl (not doggy paddle). Goggles required. Swimmers must be at least five (5) years old by May 25<sup>th</sup>, 2019.

**Varsity (10&Up):**                                      **\$100**

Swimmers eleven (11) through eighteen (18) years old will focus on improving endurance, speed, and technique, while continuing to work on stroke development, drills, workouts, and terminology.

**Prerequisites:** must be able to swim 50 yards continuous legal freestyle and backstroke per USA Swimming Standards. Goggles required. Swimmers must be at least eleven (11) years old by May 25<sup>th</sup>, 2019.

# Overview of Programs

## TOTS: Toddlers On Thursdays



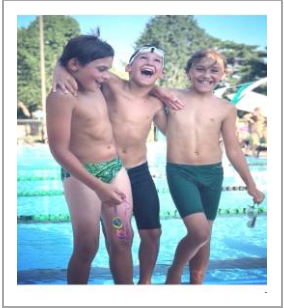
Introduce your little one to the water in a class that incorporates fun songs and games into basic swimming skills! (page 3)

## Learn-to-Swim Lessons



For those who new to the water, or need some work on endurance or technique, we've designed a program with three levels of skill progression to get any swimmer where they want to be! (page 5)

## Swim Team: Stingrays



Perfect for those interested in seasonal competition or learning about team swimming in a fun-focused learning environment! (page 4)

# Swim Camp 2019

## What is Swim Camp?

With the Summer Season starting back up, the Quincy Country Club is excited to bring back our Summer Swim Camp. Swimmers of all skill levels will be able to meet every Thursday morning for eight weeks for swimming lessons, taught by our qualified Aquatics Staff.

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*Splash into Summer at QCC's Swim Camp!*

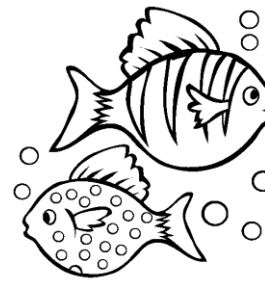
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## Days & Times:

CLASS	DAY(s)	DATES	TIME
TOTS	TH	6/06 - 8/01	10:15 - 10:45
SWIM CAMP	TH	6/06 - 8/01	10:15 - 11:00
SWIM TEAM: JV	W/F/SA	6/06 - 8/02	10:00 - 10:00
SWIM TEAM: VARISTY	W/TH/F/SA	6/06 - 8/02	9:00 - 10:00

# TOTS: Toddlers On Thursdays

## 8 Lessons for \$45



Introduce your little one to the water in a class that incorporates fun songs and games into basic swimming skills like breath control, arm and leg action, and climbing in and out of the pool safely!

A parent or guardian (15 or older) must accompany each child in the water for the duration of the class.

**Ages:** 6 months - 3 years