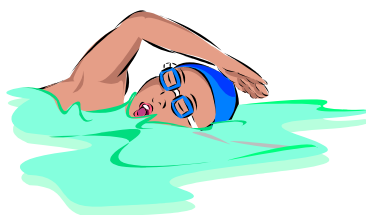


Suburban Health Club
9834 Cty. Road 122
St. Cloud, MN 56301
Phone 320-251-3965

AQUATICS

Suburban's Aqua area has something to offer everyone. Infants, children, adults and the elderly come together to swim, soak, exercise and play in our 25' x 45' (3'



to 8' depth) pool. Pool temperature is kept at a pleasant 85 degrees.

We offer a variety of pool programs while maintaining a maximum amount of open swim time. By adhering to the following guidelines, we hope to create a healthy and enjoyable environment for members and guests.

1. **No lifeguard on duty.** Children under 13 must be in the presence of an adult (18 or older). Children 13 and older must be able to swim one length of the pool without aid/stopping in order to be left unattended.
2. Most scheduled pool programs will use only a portion of the pool so that open swimmers can still enjoy use of the pool. However, please yield to classes, they have the right of way.
3. No glass containers or food in the pool area.
4. Please shower thoroughly before entering the pool or whirlpool.
5. No diving, running or rough play in or around the pool.
6. Infants and children not toilet trained must wear a swim diaper under their swimsuits.
7. Do not stand on the lane rope.
8. Other rules are posted in the pool area. Please read and abide by them.

U **FALL/WINTER** **2005-2006**

Hours

The pool and whirlpool hours are the same as Club hours. However, we ask swimmers to leave the pool area 10-15 minutes prior to closing so they are ready to exit the building upon closing.

Fees

General pool use is free of charge to all members. Guests and Non-members may use the pool for a fee:

	W/Member	W/O Member
Children		
5 – 10 yrs.	\$3.00	\$4.00
11-15 yrs.	\$4.50	\$5.50
Adults	\$6.00	\$7.50
Family	\$14.50	\$20.00

Non-members who have children enrolled in swim lessons may use the facilities for the "With Member" price during a swim lesson.

Lap Swimming

One lane is always available for lap swimming (except during class time). If the lane rope is not in place, you are welcome to put it up to swim laps. Open swimmers must stay out of the lap lane when in use.

Please inquire at the Front Desk if you would like to know the most conducive times for lap swimming.

Note: 60 laps = 1 mile

Personal Training Programs

Let our trainers design a program for you that uses the resistance and buoyancy of water to improve or maintain your fitness. Programs

include injury prevention/rehabilitation, cardio endurance, toning and joint and skeletal pain relief. Stop by the Front Desk to schedule an initial consultation.

Aqua Aerobic Classes

Both shallow and deep water aqua aerobic classes are available for those who wish to participate in a structured water workout. The resistance of water provides muscular strengthening, cardiovascular conditioning, and improvement of flexibility in an impact-free environment. Please see the fitness schedule for class times. Aqua aerobic classes are free to Full Fitness and Full Club members. Guests may attend by paying the appropriate guest fees.

Aqua Accessories

Our Pro Shop sells a variety of aqua accessories for your water workout. Water floatation dumbbells and jogging belts, swim goggles, and more. If we don't stock it, we can get it for you!

PRIVATE AND GROUP SWIM LESSONS

Private Lessons

Private lessons offer scheduling flexibility, increased motivation, and excelled progress as instruction is geared to the swimmer's specific area of interest and skill level—an excellent supplement to group lessons for all ages! Half-hour Private Lessons: \$17.00/lesson; \$60.00/pkg. of 4 Semi-Private Lessons (2 participants): \$24.00/lesson; \$85.00/pkg of 4 Non-members may take private lessons, however, they must pay the appropriate "With Member" Guest Fees.

Group Lessons

Open to both members and non-members, group Red Cross swimming lessons are offered throughout the year. Seven lessons are offered in each session and class sizes are limited.

Registration

Register in-person or by phone. Payment is due at registration. Phone registration is available with credit card or may be charged to your membership account.

Lesson Fees

Full Club Members: \$2.00 Red Cross Fee

Full Fitness and Basic Members: \$20.00 (includes \$2.00 Red Cross Fee)

Non-Members: \$33.00 (includes \$2.00 Red Cross fee).....

But, why not sign up for one of our "short-term" memberships to take advantage of lower priced swim lessons and the opportunity for you and your family to enjoy the many other benefits Suburban has to offer!

Policies

- No refunds after the first class.
- Classes may be cancelled due to low enrollment. Fees will be refunded or reapplied.
- Waiting lists are available for all classes. Classes may be added based on demand.
- Payment of swim lessons does not include use of the facility by other family members. Guest fees would apply.

Level 1: Water Exploration

Level 1 offers swimmers ages 4-5 the opportunity to learn basic water exploration skills without a parent. Maximum class size: 6

- Supported floating and kicking on front and back
- Alternating arm action
- Water adjustment, basic water safety skills
- Fully submerge face for 3 seconds

Level 2: Primary Skills

Level 2 expands on fundamental aquatic locomotion and safety skills. Swimmers must be comfortable in the water without a parent. Maximum class size: 6

- Floating and kicking on front and back
- Rhythmic breathing
- Turning over front to back, back to front
- Reaching and extension assists; rescue breathing

- Retrieving objects underwater
- Combined stroke on front and back using kicks and alternating arm action, 10 yards each

Level 3: Stroke Readiness

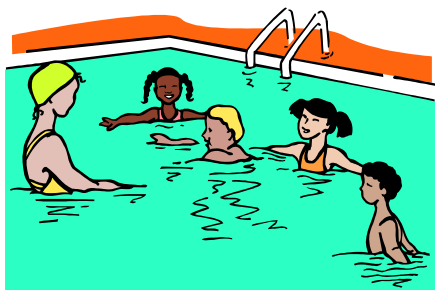
Level 3 builds on skills by coordinating strokes and increasing endurance. Max. class size: 6

- Fundamental of diving
- Coordination of front and back crawl, 20 yards
- Self-rescue skills and rescue breathing
- Elementary backstroke kick, 10 yards
- Treading water

Level 4: Stroke Development

Level 4 develops endurance in strokes learned. Maximum class size: 8

- Development of confidence and competency in strokes/safety skills
- Introduction of CPR
- Breaststrokes, sidestrokes, turns at the wall
- Deep water bobbing
- Elementary backstroke – 10 yards; front and back crawl – 25 yards; breaststroke and scissor kicks – 10 yards
- Tread water – 2 minutes



Level 5: Stroke Refinement

Level 5 refines coordination and increases endurance of key strokes. Max. class size: 8

- Continue refinement of front and back crawls, elementary backstroke, breaststroke and sidestroke.
- Diving safety and progression, surface dives
- Introduction of butterfly
- Alternate breathing
- Swimming underwater
- Open turns on front and back

- Breaststroke and sidestroke – 10 yards each; elementary backstroke – 25 yards; front and back crawl – 50 yards each.

Level 6: Skill Proficiency

Level 6 polishes strokes to increase the swimmer's ease, efficiency, power and smoothness over greater distances. Maximum class size: 8

- Develop maximum stroke efficiency and endurance
- Flip turns
- Throwing rescues
- Turning spinal injury victim face up
- Approach stroke
- Butterfly – 10 yards; sidestroke – 25 yards; breaststroke – 50 yards; front and back crawl – 100 yards each.