

Summer 2010 Swim Lessons

Swim Lesson Schedule

Session	Session Dates	Cost	Registration Deadline
Session 1:	June 7-10, 14-17	\$45	June 4th, 4:00pm
Session 2:	June 21-24, 28-July 1	\$45	June 18th, 4:00pm
Session 3:	July 6-8, 12-15	\$39	June 30th, 4:00pm
Session 4:	July 19-22, 26-29	\$45	July 16th, 4:00pm
Session 5:	August 2-5, 9-12	\$45	July 30th, 4:00pm

There are 8 - 30 minute lessons per session. each session is Monday-Thursday for 2 weeks. Session 3 has 7 lessons due to the July 4th Holiday

Swim Lesson Times & Class Levels

AM Times	PM Times	Class Levels
10:30-11 am	5:30-6:00 pm	PC1/2, PS1, PS2, L3, L4
11-11:30 am	6:00-6:30 pm	PS1, L1, L2, L3, L4
11:30-12pm	6:30-7:00 pm	PS2, PS3, L2, L3, L4
12-12:30 pm	7:00-7:30 pm	L1, L2, L3, L4, L5, L6



**American
Red Cross**

For more Swim Lesson information, visit our website:

www.umdrsop.org

Click on aquatics, then scroll down to swim lessons.

Scuba

PADI Open Water Scuba Course

Session 1: May 29, June 5, 12

Session 2: July 10, 17, 24

Class Time: 3-6:30pm

Cost: \$195 w/facility pass,
Others: \$220

PADI Scuba Diver Course

Session 1: May 29, June 5

Session 2: July 10, 17

Class Time: 3-6:30pm

Cost: \$150 w/facility pass
Others: \$165



To register for Scuba

call Innerspace Scuba @ 218.726.1010

or email: www.innerspacescuba.com



Try Scuba Night!

Session 1: May 29

Session 2: July 10

Class Time: 3-6:30pm

Cost: \$15 w/facility pass
Others: \$20



The cost of admission to "TRY SCUBA" can be applied towards registration for either course listed above!

Lap Swim & Public Swim Schedule

Please check our homepage weekly for **POOL SCHEDULE ALERT** changes that may be coming!

www.umdrsop.org

Monday

Lap Swim
12:30-1:30 pm
Public Swim
2:30-4:00pm

Tuesday

Lap Swim
12:30-1:30 pm
Public Swim
2:30-4:00pm

Wednesday

Lap Swim
6:30-7:30 am
Lap Swim
12:30-1:30 pm
Public Swim
2:30-4:00pm

Thursday

Lap Swim
12:30-1:30 pm
Public Swim
2:30-4:00pm

Friday

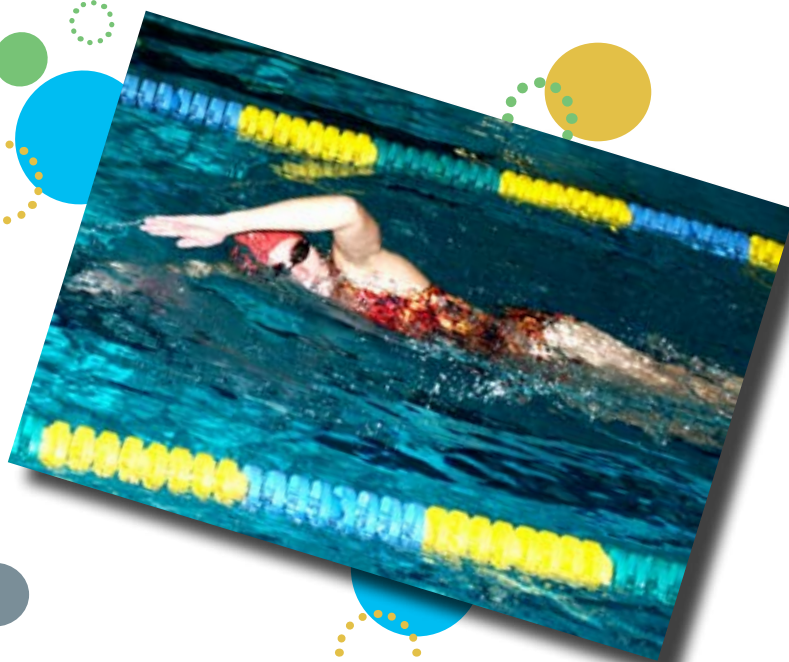
Lap Swim
6:30-7:30 am
Lap Swim
11:00-1:30 pm
Public Swim
2:30-4:00pm

Saturday

Lap Swim
8:00-10:00 am

Sunday

Lap Swim
8:00-10:00 am



10 Swim Punch Card Prices:

Youth (16 & under) & Seniors (55& up) \$20 / Adults \$30

PLEASE NOTE: *No cash will be accepted at the pool office for any of the scheduled aquatic programs.*

**Punch card can be used at lap & public swims!*



For More Information or to Register Please

Call 218-726-7128,

Stop by the RSOP Main Office at 153 Sports and Health Center