

## FALL 2016

### September 10 - December 2

Choose Mondays, Wednesdays, Thursdays, Fridays or Saturdays. Classes are subject to change.

Each Session = four extreme quality, 45-minute classes for \$95.

Pre-payment & registration required. Please include your e-mail for class confirmation and permission form you bring to first class.

Make sure your student has goggles, add \$10 or bring your own. Water Temp: 90 degrees.

#### SESSION 1

##### September 10 – October 7

(No Tuesday classes)

Saturdays: Sept. 10, 17, 24, Oct. 1

Mondays: Sept. 12, 19, 26, Oct. 3

Wednesdays: Sept. 14, 21, 28, Oct. 5

Thursdays: Sept. 15, 22, 29, Oct. 6

Fridays: Sept. 16, 23, 30, Oct. 7

#### SESSION 2

##### October 8 – November 4

(No Tuesday classes)

Saturdays: Oct. 8, 15, 22, 29

Mondays: Oct. 10, 17, 24, Tues. Oct. 25

Wednesdays: Oct. 12, 19, 26, Nov. 2

Thursdays: Oct. 13, 20, 27, Nov. 3

Fridays: Oct. 14, 21, 28, Nov. 4

#### SESSION 3

##### November 5 – December 2

(No Tuesday classes)

Saturdays: Nov. 5, 12, 19, 26

Mondays: Nov. 7, 14, 21, 28

Wednesdays: Nov. 9, 16, 23, 30

Thursdays: Nov. 10, 17, Tues Nov. 22, Dec. 1

Fridays: Nov. 11, 18, 25, Dec. 2

Rhonda's Swim Academy will be closed when LPS cancels school due to weather.

We will promptly reschedule at next class.

Note: Make up classes are not possible – other than due to adverse weather or classes we have to postpone – which will be rescheduled.

### Fall Times

#### MONDAY

4:15-5:00 p.m.

5:00-5:45 p.m.

5:45-6:30 p.m.

6:30-7:15 p.m.

#### WEDNESDAY

5:00-5:45 p.m.

5:45-6:30 p.m.

6:30-7:15 p.m.

#### THURSDAY

4:15-5:00 p.m.

5:00-5:45 p.m.

5:45-6:30 p.m.

6:30-7:15 p.m.

#### FRIDAY

4:15-5:00 p.m.

5:00-5:45 p.m.

5:45-6:30 p.m.

6:30-7:15 p.m.

#### SATURDAY

9:00 – 9:45 a.m.

9:45 – 10:30 a.m.

10:30 – 11:15 a.m.

#### LEVELS:

3,4

1,2

3,4

1,2

#### LEVELS:

3,4

1,2

4,5,6

#### LEVELS:

3,4

1,2

3,4

1,2

#### LEVELS:

3,4

1,2

5,6,7,8

1,2

#### LEVELS:

3,4

1,2

3,4

## WINTER-SPRING 2017

### January 7 - May 26

Choose Mondays, Tuesdays, Wednesdays, Thursdays, Fridays or Saturdays. Classes are subject to change.

Each Session = four, 45-minute classes for \$95.

Pre-payment & registration required to sign-up.

First-come, first-served. Please include your e-mail for class confirmation and permission form you bring to first class. Make sure your student has goggles, add \$10 or bring your own. Water Temp: 90 degrees.

#### SESSION 1

##### January 7 – Feb 3

Saturdays: Jan. 7, 14, 21, 28

Mondays: Jan. 9, 16, 23, 30

Tuesdays: Jan. 10, 17, 24, 31

Wednesdays: Jan. 11, 18, 25, Febr. 1

Thursdays: Jan. 12, 19, 26, Febr. 2

Fridays: Jan. 13, 20, 27, Febr. 3

(Continued on reverse)

Prsrt Std  
U.S. Postage  
PAID  
Lincoln, NE  
Permit #1359

Rhonda Mulgrue  
3725 Randolph  
Lincoln, NE 68510

Return Service Requested



Swimming lessons are more  
fun in a relaxed, in-home  
pool atmosphere.

# Rhonda's Swim Academy



Fall 2016,  
and  
Winter- Spring  
2017

Professional Teachers

Extreme Quality over Quantity

40 years of teaching Lincoln to swim!

## DEEP END AND DIVING BOARD

Rhonda Dakan

("Rhonda on Randolph")

3725 Randolph

Lincoln, NE 68510

Phone: (402) 327-2849

rmulgrue@neb.rr.com

website: MulgrueSwimAcademy.com

Like us on Facebook!!

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JUMPSTARTS!

A great way to jumpstart 2017! Be Summer ready! Countless children have learned to swim with these quick sessions. Very same curriculum but four days in a row (like summer!) These are entire sessions. \$95.

Dec 27, 28, 29, 30 (Tues.-Fri.)

<b>Times:.....Levels:</b>	<b>Times:.....Levels:</b>
2:15-3:00 pm ..... 4, 5	5:15-6:00 pm ..... 5, 6, 7, 8
3:00-3:45 pm ..... 1, 2	6:00-6:45 pm ..... 1, 2
3:45-4:30 pm ..... 3, 4	6:45-7:30 pm ..... 3, 4
4:30-5:15 pm ..... 3, 4	

Spring Break JumpStart  
March 13, 14, 15, 16 (Mon.-Thur.)

<b>Times:.....Levels:</b>	<b>Times:.....Levels:</b>
2:15-3:00 pm ..... 4, 5	5:15-6:00 pm ..... 5, 6, 7, 8
3:00-3:45 pm ..... 1, 2	6:00-6:45 pm ..... 1, 2
3:45-4:30 pm ..... 3, 4	6:45-7:30 pm ..... 3, 4
4:30-5:15 pm ..... 3, 4	



Swim “n” Shop and Open Swim

**Swim “n” Shop**  
(Christmas Season – snacks/drinks included)  
**Open Swim**  
(Fall – snacks/drinks included)

Food/drink provided by Rhonda \$20 per swimmer/25 swimmers per session. Pre-payment required. Drop off your child for wonderful water time, marvelous discoveries and new skills mastered. Beach balls, dive toys, goggles, shark rocks, and 90 degree water! Bring a friend! Excellent exercise! Everybody wins–and your evening should be eerily quiet–“lights out” early! Lifeguard(s) provided for entire three hours. **Swimmers must be 4 yrs. and 38 inches tall.**

**Saturday , Oct 8 1-4 pm**  
**Saturday, November 26 1-4pm**  
**Sunday, December 4 1-4pm**  
**Sunday, December 11 1-4pm**

2017 Winter-Spring Times

MONDAY	LEVELS:
4:00-4:45 p.m.	1,2
4:45-5:30 p.m.	3,4
5:30-6:15 p.m.	1,2
6:15-7:00 p.m.	3,4

TUESDAY	LEVELS:
5:00-5:45	5,6,7,8
5:45-6:30	1,2
6:30-7:15	3,4

WEDNESDAY	LEVELS:
5:00-5:45 p.m.	3,4
5:45-6:30 p.m.	1,2
6:30-7:15 p.m.	4,5,6

THURSDAY	LEVELS:
4:00-4:45 p.m.	1,2
4:45-5:30 p.m.	3,4
5:30-6:15 p.m.	1,2
6:15-7:00 p.m.	3,4

FRIDAY	LEVELS
4:15-5:00 p.m.	3,4
5:00-5:45 p.m.	1,2
5:45-6:30 p.m.	5,6,7,8

SATURDAY	LEVELS:
9:00 – 9:45 a.m.	3,4
9:45 – 10:30 a.m.	1,2
10:30 – 11:15 a.m.	3,4



CLASS DESCRIPTIONS

**Levels 1 & 2:** Always taught together. **Students must be 38” tall and 4 years old.** Includes bobs, floats and crawl stroke with several breaths.  
**Level 3:** Introduces work in deep water. Includes kneeling dives, crawl stroke, backstroke and treading.  
**Level 4:** First standing dive, side breathing, frog/scissor kicks timed treading, backstroke.  
**Level 5:** Endurance in crawlstroke, backstroke. Complete sidestroke, breaststroke. Dolphin kick, three dives, treading, underwater swimming.  
**Level 6:** Endurance crawlstroke, back, breast and sidestrokes. Butterfly, Stride jump, surface dive, treading water.  
**Level 7:** Pike and Tuck surface dives, approach and hurdle off board, endurance, treading, all strokes.  
**Level 8:** 40 length lap swim, perfecting strokes, endurance.

(Continued from reverse)

SESSION 2  
February 4 – March 3

Saturdays: Febr. 4, 11, 18, 25  
Mondays: Febr. 6, 13, 20, 27  
Tuesdays: Febr. 7, 14, 21, 28  
Wednesdays: Febr. 8, 15, 22, Mar. 1  
Thursdays: Febr. 9, 16, 23, Mar. 2  
Fridays: Febr. 10, 17, 24, Mar. 3

SESSION 3  
March 4 – March 31 (3 weeks)

(\$75 for this session only)  
Saturdays: Mar. 4, 11, 25  
Mondays: Mar. 6, 20, 27  
Tuesdays: Mar. 7, 21, 28  
Wednesdays: Mar. 8, 22, 29  
Thursdays: Mar. 9, 23, 30  
Fridays: Mar. 10, 24, 31

SESSION 4  
April 1 – April 28

Saturdays: Apr. 1, 8, 15, 22  
Mondays: Apr. 3, 10, 17, 24  
Tuesdays: Apr. 4, 11, 18, 25  
Wednesdays: Apr. 5, 12, 19, 26  
Thursdays: Apr. 6, 13, 20, 27  
Fridays: Apr. 7, 14, 21, 28

SESSION 5  
April 29 – May 26

Saturdays: April 29, May 6, 13, 20  
Mondays: May 1, 8, 15, 22  
Tuesdays: May 2, 9, 16, 23  
Wednesdays: May 3, 10, 17, 24  
Thursdays: May 4, 11, 18, 25  
Fridays: May 5, 12, 19, 26



Class Registration Form

Please complete this form, enclose payment, and mail to:

RHONDA DAKAN • 3725 RANDOLPH STREET • LINCOLN, NE 68510 • PHONE: (402) 327-2849

STUDENT NAME(S) \_\_\_\_\_

Age(s) \_\_\_\_\_ Level(s) \_\_\_\_\_ Days/Dates/Time(s) \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Session(s) \_\_\_\_\_

Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_

PARENT'S NAME(S) \_\_\_\_\_

Day Phone \_\_\_\_\_ Eve. Phone \_\_\_\_\_ Cell \_\_\_\_\_ Fax \_\_\_\_\_

☐ MasterCard ☐ VISA ☐ Discover Card Number \_\_\_\_\_ Exp. \_\_\_\_\_ 3 digit # on back \_\_\_\_\_

Name on Credit Card \_\_\_\_\_ \*\*E-mail (for Class Confirmation) \_\_\_\_\_

Please enclose \$95 per 4-day session. If you would like to order goggles for your child, add \$10 and the goggles will be ready on first day of classes. For more information about 1 through 8 levels, private lessons or personal training, call Rhonda at (402) 327-2849.