

Welcome to the 35th annual Summer Swim School at The University of North Carolina at Pembroke

Serving over 500 patrons a summer!

The UNCP Swim School has provided area residents the unique opportunity to receive quality swimming instruction for all levels of swimming from preschool swimming, competitive swimming, and adult swimming. In addition to swim class, we also offer Guard Start, Lifeguard Training. Our lifeguard class train lifeguards for pools, water parks, lakes, and ocean fronts across the state. Our water safety instructor class trains patrons to be able to teach all levels of swimming. The swim school in conjunction with American Red Cross materials and programs prides itself on its reputation of being a leader in water safety in the state.

LOCATION:

One University Drive
Pembroke, NC 28372

WHAT TO BRING:

Towel, Flip-flops, bathing suites

SESSION DATES AND TIMES:

Dates:

_____ May 16- 26 (Evening Only)
_____ May 31- June 9
_____ June 13- 23
_____ June 27-July 7
_____ July 11-21
_____ July 25- August 4

Day Session Times:

_____ 9- 9:45 a.m.
_____ 9:45- 10:30 a.m.
_____ 10:30-11:15 a.m.

Night Session Times:

_____ 5:45-6:30 p.m.
_____ 6:30-7:15 p.m.

Adult Swim School (6:30- 7:15 p.m.)

_____ May 31- June 23(Tuesday & Thursday)
_____ June 28-July 21(Tuesday & Thursday)

FOR MORE INFORMATION

Phone: (910) 775-4629

Email: Rhonda.blank@uncp.edu

WWW.RONDAVESWIMACADEMY.COM

RonDave's Swim Academy

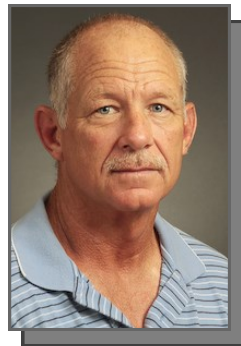


**PLEASE MAIL
APPLICATION TO:
SWIM SCHOOL
P.O. BOX 1510
PEMBROKE N.C. 28372
OR REGISTER ONLINE AT
WWW.RONDAVESWIMAC
ADEMY.COM**

Co-Director's



Rhonda Blank
Head Swimming and Diving Coach, UNC-Pembroke
18 years as UNCP Swim School Instructor
American Red Cross Instructor Trainer in Lifeguarding, Water Safety, CPR and First Aid



David Blank
9th year as UNCP Swim School Instructor
Lifeguarding, Water Safety, CPR, and First Aid Instructor
UNCP certified Swimming Instructor



Swim School is designed to provide quality swim instruction to all levels of swimmers for all ages. All courses are American Red Cross certified.

American Red Cross Certifications

Preschool Classes: Level 1, Level 2, Level 3 Age 3-5 yr olds

Learn to Swim Classes: All levels of ability Age 6 and above

Level I - Introduction to Water Skills

Level II - Fundamental Aquatic Skills

Level III - Stroke Development

Level IV - Stroke Improvement

Level V - Stroke Refinement

Level VI - Swimming and Skill Proficiency

Morning and Evening classes available:

\$60 per session

Adult Swim School: 8 lessons for \$60.

Learn or improve your swimming ability in a fun and stress free atmosphere.

Lifeguard Training Revised 2012:

\$185.00/person

April 15-17/April 29-May 1/ May 13-15/ June 3-4

Renewal Class: April 30th- \$100.00/person

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