



7 Week Series Group Pricing

Members Cost: \$60.00 per Series

Non-Member Cost: \$65.00 per Series

Private & Semi-Private Lessons

**Call Angelia Brown for Pricing Information
(814) 459-3033**

Swim Instructors

**Angelia Brown
Sara Riley**

Pool Director

**Angelia Brown
angeliab6@gmail.com**



**2312 West 15th Street • Erie, PA 16505
(814) 459-3033
www.fitnesserie.com**



**2312 West 15th Street • Erie, PA 16505
(814) 459-3033
www.fitnesserie.com**

Summer Swimming Lessons

Group Lessons

(Ages 5 months - Adult)

Private/Semi-Private Lessons

**Available by Appointment
(Ages 3 Years - Adult)**

Group Lessons Summer Session

Sign Ups Begin May 1st

Payment Required to Reserve Spot

**Classes Run
June 1st through July 15th**

Parent/Child: (5 mos-3 yrs with an Adult)

Introductory water exploration course that combines safety, elementary water skills and fun. While accompanied in the pool by a parent. The child will learn to blow bubbles, glide and kick on stomach, back and side.

Intro to Swim: (3, 4, and 5 years old)

Introductory level where swimmers are not accompanied by a parent in the water. Children must be comfortable entering/exiting water, also blow bubbles, kick with straight legs on stomach and back assisted by teacher, float on front and back as well as jump in.

Beginner Swim: (6 years and up)

This class is designed for new/fearful swimmers. The students will learn to swim comfortably with faces in the water on their stomachs and back. They will master jumping in and submerging.

Pre Swim 1:

Child must be able to enter/exit pool, blow bubbles, kick on stomach and back assisted as well as reach and pull arms on stomach assisted. Float on stomach and back assisted as well as jump in unassisted.

Pre Swim 2: (5 years old and up)

Child must be able to put face in the water and blow bubbles. Child should be able to perform arm circles on stomach and back unassisted, elementary back stroke arms and complete 10 consecutive bobs.

Level 1: (5 years old and up)

Children will be able to accomplish freestyle with bilateral breathing, backstroke, elementary backstroke with frog kick, and learn breaststroke kick. Complete 10 bobs and tread water for 1 minute.

Level 2: (5 years old and up)

Swimmer will be able to swim 25 yards Freestyle, Backstroke, Elementary Backstroke, and proper Breaststroke with gliding. Be able to do an unassisted front and back flip and tread water for 2 minutes.

Level 3: (6 years and up)

Advanced swim level for swimmers to complete 50 yards Freestyle with flip turn, Backstroke with flip turn, Elementary Backstroke with open turn and 50 yards Breaststroke with pullout and open turn. Introduction to butterfly kick and tread 4 minutes.

Level 4: (6 years old and up)

Advanced level swimming 75 yds Freestyle and Backstroke with flip turn, Elementary with open turn, 50 yards Breaststroke with pull out and open turn, 25 yards Butterfly with open turn. Must be able to tread water for 4 minutes.

Level 5: (6 years old and up)

Advanced swim level in which swimmers will be able to swim 100 yards Freestyle and Backstroke with flip turn, 75 yards Elementary backstroke with open turn, Breaststroke with pull out and open turn, 50 yards butterfly with open turn and 100 yards IM(1 length of each stroke continuously) and tread water for 5 minutes.

Teen: (13 years old - 17 years old)

Stroke development, stroke technique, endurance, and confidence in the water.

Adult: (18 years old and up)

Stroke development, endurance, and confidence in the water.

Group Lessons Summer Schedule

All Programming per 7 Week Series:

\$60 for FitnessU Members

\$65 for Non-Members

Monday (EVENING)

Meeting once a week in the evening for 7 weeks

4:00pm - Intro to Swim
4:45pm - Parent & Child
5:15pm - Pre-Swim 1
5:15pm - Levels 1 & 2
6:00pm - Level 3
6:45pm - Levels 4 & 5

Tuesday (MORNING)

Meeting once a week in the morning for 7 weeks

10:30am - Intro to Swim
11:15am - Pre-Swim 1
12:00pm - Pre-Swim 2

Wednesday (EVENING):

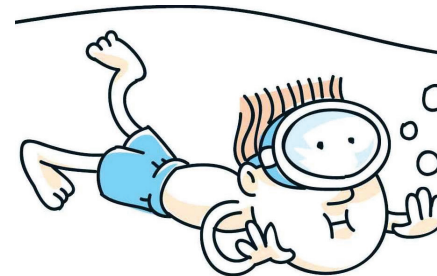
Meeting once a week in the evening for 7 weeks

4:00pm - Intro to Swim
4:45pm - Parent & Child
5:15pm - Beginner Swim
6:00pm - Pre-Swim 2
6:45pm - Level 1 & 2
7:30pm - Level 4 & 5

Saturday:

Meeting once a week for 7 weeks

9:00am - Parent & Child
9:30am - Parent & Child
10:00am - Parent & Child
10:30am - Intro to Swim
11:15am - Beginner Swim
12:00pm - Pre-Swim 1
12:45pm - Pre-Swim 2
1:30pm - Level 1
2:15pm - Level 2
3:00pm - Level 3
3:45pm - Adult/Teen



**Private and Semi-Private Lessons
available by appointment.**

**Call Angelia Brown for information
(814) 459-3033**