

## 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

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## POOL DIRECTOR

ANGELIA BROWN  
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# WINTER SWIMMING LESSONS

### GROUP LESSONS

Ages 5 months-Adult

### PRIVATE/SEMI PRIVATE LESSONS

Ages 3 - Adult

## SIGN UPS BEGIN DECEMBER 27

(payment required to reserve spot)

## CLASSES RUN:

**JANUARY 8 - FEBRUARY 24**

minimum of 3 participants required for each class

## **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: (5 YEARS OLD AND UP)**

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 for 4 minutes.

## **LEVEL 4: (6 YEARS OLD AND UP)**

Advanced level swimming 75 yards 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.

# **GROUP LESSONS WINTER SCHEDULE**

**All Programming per 7 Week Series:**

**\$60 FOR FITNESS 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 - Pre-Swim 2  
6:00pm - Level 1

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