

## 8 WEEK SERIES GROUP PRICING

MEMBERS COST: \$64.00 PER SERIES

NON-MEMBER COST: \$84.00 PER SERIES

## PRIVATE & SEMI-PRIVATE LESSONS

Call Michael Esper for Pricing Information

(814) 459-3033 EXT. 307



## AQUATICS DIRECTOR

MICHAEL ESPER

mikeesper@fitnesserie.com



# 2020 SPRING GROUP SWIM SESSION

### GROUP LESSONS

Ages 5 months-18 years

### PRIVATE/SEMI PRIVATE LESSONS

Ages 3 - Adult

### PRIVATE GROUP LESSONS

Ages 3 years-Adult

**SIGN UPS BEGIN FEB 26<sup>TH</sup>**  
(payment required to reserve spot)

**CLASSES RUN:**  
**MARCH 23<sup>RD</sup> - MAY 16<sup>TH</sup>**

Classes with low enrollment will be cancelled.  
Minimum of 3 participants required for each class.

Changes to registrations must be completed by class 3 of the session.

Should your child miss class on their scheduled day and time  
there will be NO make-up classes offered.



**PARENT CHILD:  
(5-36 MONTHS WITH AN ADULT)**  
30 MIN. LESSONS

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

WED 6PM AND 6:30PM, SAT 9AM AND 11AM

**PRE SCHOOL: (3-5 YEARS)**  
45 MIN. LESSONS

**BEGINNER SWIM**

Introductory level for the very beginners or fearful swimmers. Participants not accompanied with a parent or guardian will learn how to be comfortable in the water blowing bubbles as well as submerging. Assisted by a teacher they will practice floating and gliding on fronts and backs.

MON 5PM, TUES 11:15AM, WED 10:30AM AND 7PM,  
SAT 9:30AM AND 10:45

**PRE SWIM 1**

Child must be able to enter/exit pool, blow bubbles and submerge, float and glide on front and back with assistance. They will build upon those skills by adding kicking and alternating arm pulls to their front, back and sides. Treading 30 sec with an IFD.

MON 5:45PM, TUES 11:15AM, WED 11:15AM AND 7PM,  
SAT 10:15AM

**PRE SWIM 2**

Building upon the skills in Pre Swim 1, participants will learn symmetrical arm pulls and kicks for front and back. They will build swimming endurance up to 25 yards for each stroke. Treading 1 min with an IFD, 20-30 sec without.

MON 6:30PM, TUES 11:15AM, WED 11:15AM AND 7PM,  
SAT 10:30AM

**YOUTH: (6-18 YEARS)**  
45 MIN. LESSONS

**INTRO TO SWIM**

Introductory level for beginners or fearful swimmers. Participants learn how to be comfortable in the water blowing bubbles and submerging. Assisted by a teacher, they will practice floating and gliding on fronts and backs until they can perform skills on their own. Kicking and alternating arm pulls will be introduced once comfortable in the water. Treading 1 min with an IFD, 20-30 sec without.

MON 5PM, WED 5:15PM, SAT 9AM

**LEVEL 1**

Building upon the skills from Intro to Swim, participants will work on perfecting alternating arm pulls and kicks for front, back and side. They will build endurance up to 25 yards for those strokes. Treading for 1 min.

MON 5:45PM, WED 6PM, SAT 9:45AM

**LEVEL 2**

Building upon the skills from Level 1, participants will refine freestyle, back and side stroke. Symmetrical arm pulls and kicks will be introduced to work towards the breaststroke and elementary backstroke. Participants will continue to work on building swimming endurance up to 25 yards for each stroke. Treading for 2 min using various kicks.

MON 6:30PM, WED 7:15PM, SAT 10:30AM

**LEVEL 3**

Advanced level swimming, participants will work on refining all strokes as they build endurance up to 50 yards of continuous swimming. Flip turns, open turns and pull outs will be introduced along with dolphin kick for butterfly. Treading water for 4 min using various kicks.

MON 6:30PM, WED 7:15PM, SAT 12PM

# 2020 SPRING GROUP SWIM SESSION

All Programming per 8 Week Series:  
**\$64** FOR FITNESSU MEMBERS | **\$84** FOR NON-MEMBERS

## YOUTH LESSONS CONTINUED:

**LEVEL 4**

Advanced level swimming, participants will work on refining all strokes as they build endurance up to 75 yards of continuous swimming. Flip turns, open turns and pull outs will be refined. Butterfly arms and timing will be introduced as swimmers work their way up to 25 yards. Treading water for 5 min using various kicks.

SATURDAY 12:45 PM

**LEVEL 5**

Advanced level swimming, participants will work on mastering all strokes with turn and pull outs as they build endurance up to 100 yards and 50 yards with butterfly. Treading water for 5 minutes using various kicks. Swimmers will be educated on swim team rules and regulations as well as what to expect during a swim meet.

SATURDAY 12:45PM

