

8 WEEK SERIES GROUP PRICING

MEMBERS COST: \$64.00 PER SERIES

NON-MEMBER COST: \$84.00 PER SERIES

Some class sizes may be reduced
due to social distancing.

PRIVATE & SEMI-PRIVATE LESSONS

Call Mike Esper for Pricing Information
(814) 459-3033 EXT. 307

AQUATICS DIRECTOR

MIKE ESPER

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FALL SWIMMING LESSONS

GROUP LESSONS
Ages 5 months-Adult

**PRIVATE/SEMI
PRIVATE LESSONS**
Ages 3 - Adult

**PRIVATE GROUP
LESSONS**
Ages 3 years-Adult

SIGN UPS BEGIN SEP. 25TH
(payment required to reserve spot)
LAST CHANCE TO SIGN UP OCT 14TH

CLASSES RUN:
OCTOBER 19TH - DECEMBER 13TH

Minimum of 2 participants required for each class.
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.

MON 5PM, TUES 6:30PM, WED 5:30PM, SAT 9AM & 10:30AM

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

BEGINNER SWIM

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.

MON 5:30PM, TUES 7PM, WED 10:45AM AND 6PM,
SAT 11:30AM & 1:45PM

PRE SWIM 1

Child must be able to enter/exit pool, blow bubbles and submerge, floating and gliding on front and back w/assis. They will build upon those skills by adding kicking and alternating arm pulls to their front, back and sides. Treading 30 sec w/o assistance.

MON 7PM, TUES 7:45PM, WED 11:30AM AND 6:45PM, SAT 12:15PM

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

MON 6:15PM, TUES 7:45PM, WED 11:30AM AND 7:30PM, SAT 1PM

YOUTH: (6-12 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 and treading until they can perform skills on their own. Kicking and alternating arm pulls will be introduced once comfortable in the water. Treading 30 sec with an IFD.

MON 6PM, THURS 6PM, SAT 9AM AND 1:45PM, SUN 11AM

LEVEL 1

Building upon 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 6:45PM, THURS 6:45PM, SAT 9:45AM AND 2:30PM, SUN 11AM

LEVEL 2

Building upon 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 7:30PM, WED 6PM, THURS 7:30PM, SAT 1PM, SUN 11:45AM

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 7:30PM, WED 6:45PM, THURS 7:30PM,
SAT 11:30AM, SUN 11:45AM

GROUP LESSONS FALL SCHEDULE

All Programming per 8 Week Series:
\$64 FOR FITNESS 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.

WED 7:30PM, SAT 12:15PM

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.

WED 7:30PM, SAT 12:15PM

