

Please pay close attention to the level descriptions as they have changed considerably with our new Swim Lesson University program

LEVELS AND AGE GUIDELINES

Water Babies - ages 6 to 11 months

Parents accompany children aged 6 to 11 months during these 30-minute sessions. Water acclimation is the focus of this level.

Parent/Tot - ages 12 to 35 months

Parents accompany children aged 12-35 months during these 30-minute sessions. Skills are introduced at the child's development level and build on each other as the child progresses.

Ages 3 to 5 ONLY

101 - No previous swim experience

201 - MUST be able to swim a minimum of 15 feet with face in the water for at least 3 seconds at a time and pop up for a new breath. Cannot be dependent on buoyancy equipment. Strokes will be introduced in this level.

Ages 4 to 6 ONLY

301 - MUST be able to swim 30 feet without the aid of buoyancy equipment, put face in the water and demonstrate side breathing. This level will focus on refining the Freestyle and Back Stroke and Introduce the Back and Butterfly Stroke.

Ages 6 to 12 ONLY

102/103 - No previous swim experience

202 - MUST be able to swim a minimum of 15 feet with face in the water for at least 3 seconds at a time and pop up for a new breath. Cannot be dependent on buoyancy equipment. Strokes will be introduced in this level.

Ages 7 to 12 ONLY

302 - MUST be able to swim 30 feet without the aid of buoyancy equipment, put face in the water and demonstrate side breathing. This level will focus on refining the Freestyle and Back Stroke and Introduce the Back and Butterfly Stroke.

The group swim instructors reserve the right to move a child into the appropriate class and or class level if the child is placed in the wrong class by the parent. If a space is not available in the appropriate class, the child will not be permitted to participate and a prorated registration fee will be refunded. It is very important that you read the level descriptions and place your child accordingly. If unclear of which level to place your child, please contact the front desk or Brenda Snider, Aquatics Director .



Attention Parents: Please do not bring your child to a swim lesson if they appear ill. Our swim instructors work in VERY CLOSE proximity when interacting with your child. For the health and wellbeing of our instructors and other students, please be considerate and not expose others.

Our swim instructors reserve the right to deny your child admission to class if the child appears ill.

Cool Springs Fitness Summer 2017 Learn to Swim Schedule



**SWIM LESSONS
UNIVERSITY**

www.swimlessonsuniversity.com

1051 E Cornell Rd

Mercer, PA

724-662-1910

www.coolspringsfitness.com



4 classes per session

Session 1 - June 12-15

Session 2 - June 19-22

Session 3 - June 26-29

Session 4 - July 10-13

Session 5 - July 17-20

Session 6 - July 24-27

Session 7 - Aug 7-10

Session 8 - Aug 14-17

All classes are Monday through Thursday during each session.

All lessons **MUST** be paid at time of registration

Pre-registration is REQUIRED

Session Rates:

Non-Members \$40

Members \$25

Family Members \$15

Parent / Tot - Max. 5 per class

11:00 - 11:30 AM or 4:30 - 5:00 PM

Wednesday class 6 - 35 months ONLY

Session 1 - June 14, 21, 28, & July 5

Session 2 - July 12, 19, 26, & Aug 2

Session 3 - August 9, 16, 23, 30

Member - \$25

Non-member- \$40

Free with Family membership



3 to 5 yrs ONLY

Level 101 - 4 students per class

8:00 - 8:45 AM

1:30 - 2:15 PM

5:15 - 6:00 PM

Level 201 - 4 students per class

12:45 - 1:30 PM

3:15 - 4:00 PM

4 to 6 yrs ONLY

Level 301 - 5 students per class

2:00 - 2:45 PM

6 to 12 yrs ONLY

Level 102/103 - 5 students per class

2:30 - 3:15 PM

4:45 - 5:30 PM

Level 202/203 - 5 students per class

4:00 - 4:45 PM

Personal Swim Instruction:

Personal swim instruction provides the greatest flexibility and one-on-one attention for swimmers of any age. Lessons will be scheduled dependent on instructor availability. TWO children from the same family close in age and with similar swim abilities may take a semi-private lesson. Three or more children will be considered a group lesson and priced accordingly.

Private lessons must be purchased as a package and pre-paid. Lessons can not be scheduled without payment.

Member	Non-Member
3 lessons \$60	3 lessons \$90
Buy (5) get one free	
6 lesson \$100	6 lessons \$150