

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

Pre-registration is **REQUIRED**

Our 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 listed on the back of this brochure and place your child accordingly. If unclear of which level to place your child, please contact the front desk or Brenda Snider, Aquatics Director.



1051 E Cornell Rd  
Mercer, PA  
724-662-1910  
[www.coolspringsfitness.com](http://www.coolspringsfitness.com)

**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.

## Cool Springs Fitness & Aquatics Learn to Swim Schedule



**SWIM LESSONS  
UNIVERSITY**

[www.swimlessonsuniversity.com](http://www.swimlessonsuniversity.com)

### Fall 2017 Sessions

Session 1 - Sept 18th - Oct 12th  
Session 2 - Oct 23rd - Nov 16th  
Session 3 - Nov 27th - Dec 21st

## Learn to Swim sessions

Once a week for 4 weeks  
Various days and times

Pre-registration is REQUIRED

*Parent / Tot*

6 to 35 months ONLY

Max. 5 students per class

*Wednesday*

- (1) Sept 20, 27 & Oct 4 & 11
- (2) Oct 25 & Nov 1, 8 & 15
- (3) Nov 29 & Dec 6, 13, 20

11:30-12:00 PM

OR

5:30-6:00 PM

*Member - \$25*

*Non-member- \$40*



3 to 5 yrs ONLY

*Level 101—4 students per class*

Tuesday 10:30-11:15 AM

Tuesday 5:00-5:45 PM

Wednesday 8:00-8:45 AM

*Level 201— 4 students per class*

Wednesday 5:00-5:45 PM



4 to 6 yrs ONLY

*Level 301— 5 students per class*

Monday 4:00-4:45 PM

Session Rates:

Non-Member \$40

Member \$25

Family member \$15

6 to 12 yrs ONLY

*Level 102/103—5 students per class*

Wednesday 4:45-5:30 PM

Thursday 5:00-5:45 PM

*Level 202/203—5 students per class*

Monday 5:00 –5:45 PM

7 to 12 yrs ONLY

*Level 302/303—6 students per class*

Wednesday 6:45-7:30 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 before payment is made.

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