

**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 2018 Learn to Swim Schedule



**SWIM LESSONS  
UNIVERSITY**

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

1051 E Cornell Rd

Mercer, PA

724-662-1910

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



*Each session consists of four classes*

**Session 1** - June 4th-14th

**Session 2** - June 18th-28th

**Session 3** - July 7th-19th

**Session 4** - July 23rd-August 2nd

**Session 5** - August 4th-16th

**Please check the schedule carefully  
as some sessions are:**

- Twice a week for two weeks
- Once a week for four weeks

*Make-up classes are not provided if  
your child misses a group lesson.*

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

**Pre-registration is  
REQUIRED**

**Session Rates:**

Non-Members \$40

Members \$25

***Parent / Tot - Max. 5 per class***

**Monday**

11:30am-12:00pm OR 5:00-5:30pm

***6 - 35 months ONLY***

Session 1 - June 4, 11, 18 & 25

Session 2 - July 9, 16, 23 & 30

Session 3 - August 6, 13, 20 & 27

Member - \$25

Non-member- \$40

*Free with Family membership: Pre-registration is  
still required. 50% attendance is also required or you  
will be charged the member rate.*



**3 to 5 yrs ONLY**

**Level 101** - 4 students per class

Mon & Wed / 8:00 - 8:45am

Tue & Thu / 11:00-11:45am

Mon & Wed / 3:00-3:45pm

Friday (4 weeks) / 4:30-5:15pm

**Level 201** - 4 students per class

Tue & Thu / 1:00-1:45pm

Mon & Wed / 3:45-4:30pm

**4 to 6 yrs ONLY**

**Level 301** - 5 students per class

Mon & Wed / 10:30-11:15am

**6 to 12 yrs ONLY**

**Level 102/103** - 5 students per class

Mon & Wed / 3:15-4:00pm

Tue & Thu / 3:15-4:00pm

Friday (4 weeks) / 5:15-6:00pm

**Level 202/203** - 5 students per class

Mon & Wed / 4:15-5:00pm

Saturday (4 weeks) 12:15-1:00pm

**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.*

<b>Member</b>	<b>Non-Member</b>
3 lessons \$60	3 lessons \$90