

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

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*



**Monday, January 7th
through
Thursday, January 31st**

**Give the gift
of swimming!**

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

Monday

- (1) Jan 7, 14, 21 & 28
- (2) Feb 4, 11, 18 & 25
- (3) March 4, 11, 18 & 25

10:30-11:00 AM

OR

5:15-5:45 PM

Member - \$30

Non-member- \$45



3 to 5 yrs ONLY

Level 101—4 students per class

Tuesday 10:30-11:15 AM

Thursday 5:00-5:45 PM

Wednesday 8:00-8:45 AM

Level 201— 4 students per class

Wednesday 4:15-5:00 PM



4 to 6 yrs ONLY

Level 301— 5 students per class

Monday 4:00-4:45 PM

Session Rates:

Non-Member \$45

Member \$30

6 to 12 yrs ONLY

Level 102/103—5 students per class

Wednesday 4:30-5:15PM

Thursday 6:00-6:45PM

Level 202/203—5 students per class

Wednesday 5:15–6:00PM

7 to 12 yrs ONLY

Level 302/303—6 students per class

Wednesday 6:45-7:30 PM

Personal Swim Instruction:

Ages 3 years to adult

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 \$65

3 lessons \$95

Buy (5) get one free - 6 lesson package