

**DETAILS**

Classes Begin Sunday March 17, 2019  
 \$170 - Eight Week Sessions (30 minute lessons)  
 Open Registration: February 25th 9am  
 Make Ups if Needed: May 12th - May 18th  
 Ask about the BRAND NEW WF Swim Academy Membership!

**Session 4 Schedule**

There are no make up classes if your child misses a class. No refunds once the session has begun.

Make ups provided at the end of the session if needed by the instructor. We will contact you if lessons are canceled due to weather.

No class on April 21st. Christine is on vacation 5/6-5/9

**SUNDAY** – No Class 4/21/19

**10:00AM**  
Level 1A with Nick

**10:30AM**  
Level 1B with Nick

**11:00AM**  
Level 2 with Nick

**4:00PM**  
Level 4&5 with Christine

**4:30PM**  
Level 2 with Christine

**MONDAY**

**3:00PM** (No Class 5/6)  
Level 1A with Christine

**5:30PM**  
Level 1A with Laura

**6:00PM**  
Level 1B with Laura

**6:30PM**  
Level 2 with George

**7:00PM**  
TI for Adults Level 1 with George

**TUESDAY**

**5:00PM**  
Parent Child B with Laura

**5:30PM**  
Level 2 with Christine (no class 5/7)  
Level 1B with Laura

**WEDNESDAY**

**5:00PM**  
Level 3 with Christine (No class 5/8)  
Parent Child A with Laura

**6:30PM**  
Level 3 with George

**7:00PM**  
TI for Adults Level 2 with George

**THURSDAY**

**9:00AM**  
Parent Child A with Kat

**9:30AM**  
Parent Child B with Kat

**10:00AM**  
Level 1A with Kat

**3:30PM** (No class 5/9)  
Level 1B with Christine

**4:00PM** (No class 5/9)  
Level 4 with Christine

**7:00PM**  
Adult Swim Training/Skill building  
with George

**SATURDAY**

**9:15AM**  
Parent Child A with Kat  
Level 1A with Laura

**9:45AM**  
Parent Child B with Kat  
Level 1B with Laura

**10:15AM**  
Parent Child C with Kat  
Level 4&5 with Laura  
Parent Child A with Jenni

**10:45AM**  
Level 3 with Laura Parent  
Child B with Jenni

**11:15AM**  
Parent Child C with Jenn  
Level 2 with Laura

**Questions?**

Private Lessons Available Email: [kat@worcesterfitness.com](mailto:kat@worcesterfitness.com) Phone: (508) 852-8209

**CLASS DATES**

Sunday: March 17th - May 5th  
 Monday: March 18th - May 6th  
 Tuesday: March 19th - May 7th  
 Wednesday: March 20th - May 8th  
 Thursday: March 21st - May 9th  
 Saturday: March 23rd - May 11th

**REGISTER**

Register on-line at  
[worcesterfitness.com/  
 swimming-lessons](http://worcesterfitness.com/swimming-lessons)

### Parent and Child A: (4 months - 2.5 years)

Parent and child class where children learn basic water adjustment through play and song.

### Parent and Child B: (18 months – 4 years)

Parent and child class where children learn beginner swimming skills and water safety skills.

### Parent and Child C: (2.5 years – 4 years)

Advanced parent and child class for those who have taken 2 sessions in our parent and child class or prior approval by the swim director. Students must feel comfortable going underwater and able to jump from the side of the pool.

### Level 1A: Beginning at age 3

This class is for a child who is mature enough to enter the water alone and follow important safety directions. Level 1A is for a child who has never taken a swim class before and does not like to put their face in the water. This beginner course will begin to teach your child how to blow bubbles, float, and kick their legs on their front and back.

### Level 1B: Beginning at age 4.

This class is for a child who is mature enough to enter the water alone and follow directions. Level 1B is for a child who feels comfortable in the water and can put their face under water. They will learn to feel fully comfortable in the water on their own, float on their front and back, and glide by themselves.

### Level 2

In this level your child will learn how to swim under water, start learning the front and back crawl, and jump into the water without help. Most children take multiple sessions at this level.

### Level 3

To be in level 3 your child must be able to swim from one end of the pool to the other without stopping and without a flotation device. This will be tested in the first class. Your child will improve their front and back crawl, learn the breast stroke, retrieve objects from the bottom of the pool, and tread water.

### Level 4

In this level your child will perfect rotary breathing, treading water, front crawl, back crawl, and breast stroke. They will learn the butterfly, flip turns, and the side stroke.

### Level 5

In this level, your child will learn to swim the front crawl for 50 yards with a flip turn, back crawl for 25 yards with a flip turn, breast stroke for 25 yards, and elementary backstroke for 50 yards.

### Total Immersion Swimming for Adults\*

TI gives average swimmers—even beginners, the knowledge, skills, and confidence to become their own best teacher. TI brings hope and a sense of accomplishment to those who have experienced only failure with traditional approaches. The TI technique is healthful, injury free and good to your body. Total Immersion Swimming training adapts easily to any goal.

### Adult Swim Training/Skill Building\*

This swim class is geared towards swimmers intermediate and above. Taught by WSI and level 3.0 TI Coach George Randall, you will be swimming speed, endurance, and learning good pacing skills. He will address swim technique, form, stroke count, and provide video analysis. Learn how to formulate swim training workouts and get prepped for race season or to improve your swim workouts.

### \* TI/Adult Swim Training Rates

Members: \$210 • Non Members: \$260 (One Hour Lessons)

## WORCESTER FITNESS SWIM ACADEMY MEMBERSHIP

### Club Membership Includes

- Monthly affordable EFT payments
- Discount on Group Lessons
- Priority Enrollment– Early access to registration
- Sibling Discount
- 2 built in absences

### Swim Academy Tuition

\$68 a month  
Siblings \$64 a month

PRIVATE LESSONS AVAILABLE

Register on-line at  
[worcesterfitness.com/swimming-lessons](http://worcesterfitness.com/swimming-lessons)

**FITNESS**  
WORCESTER