

DETAILS

Classes Begin Sunday July 14th, 2019
\$128 - Six Week Session (30 minute lessons)
Open Registration: June 24th 9am

Plan ahead and ask about our
Swim Academy Membership for September!

Summer Schedule

There are no make up classes. No refunds once the session has begun. Make ups provided at the end of the session if needed by the instructor.

Christine is on vacation August 12th - 15th. Make ups are the week of August 26th

SUNDAY

10:00AM
Level 1A with Merin

10:30AM
Level 1B with Merin

MONDAY

4:30PM **
Level 1B with Christine

5:30PM
Level 1A with Laura

6:00PM
Level 1B with Laura

6:30PM
Level 2 with Laura

7:00PM
Level 1 for Adults with
Laura

TUESDAY

4:00PM**
Level 1A with Christine

4:30PM**
Level 2 with Christine

WEDNESDAY

4:30PM
Level 2 with Laura

5:30PM
Level 3 with Laura

THURSDAY

9:00AM
Parent Child A with Kat

9:30AM
Parent Child B with Kat

10:00AM
Level 1A with Kat

4:30PM
Level 1B with Laura
Level 3 with Christine**

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

FRIDAY

9:00AM
Level 1A with Janine

9:30AM
Level 1B with Janine

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 Jenni
Level 2 with Laura

Questions?

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

**CLASS
DATES**

Sunday: July 14th - Aug 18th
Monday: July 15th - Aug 19th
Tuesday: July 16th - Aug 20th
Wednesday: July 17th - Aug 21st
Thursday: July 18th - Aug 22nd
Friday: July 19th - Aug 23rd
Saturday: July 20th - Aug 24th

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.

Level 1 for Adults (45 Minutes) - \$175

Level 1 - Learning the Basics is designed to help participants gain basic aquatic skills and swimming strokes, including the front crawl, breaststroke and elementary backstroke. Participants also learn skills and concepts needed to stay safe around water, in addition to those needed to help themselves or others in an aquatic emergency.

Total Immersion Swimming for Adults (60 Minutes) - \$150 Members \$188 Non Members

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 (60 Minutes) - \$150 Members \$188 Non Members

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.

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

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