

DETAILS

Classes Begin Sunday September 8th, 2019

\$174 - 8 Week Session (30 minute lessons)

Open Registration: August 19th 9am

Register today for our Swim Academy Membership!

Session 1 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.

Schedule Make Up Week Nov 3rd - 9th

SUNDAY

9:00AM
Preschool A with Janine

9:30AM
Preschool B with Janine

10:00AM
Level 2 with Janine

10:30AM
Adaptive Swim A with Janine

3:30PM
Level 1 with Christine

4:00PM
Level 4&5 with Christine

4:30PM
Level 3 with Christine

MONDAY

4:00PM
Preschool A with Christine

5:30PM
Preschool B with Laura

6:00PM
Level 1 with Laura

6:30PM
Level 2 with George

7:00PM
TI for Adults Level 1 with George

TUESDAY

4:30PM
Level 1 with Christine

5:00PM
Parent Child A with Laura

5:30PM
Level 2 with Christine
Parent Child B with Laura

WEDNESDAY

4:30PM
Level 3 with Christine
Preschool C with Laura

5:00PM-6:30PM
Swim Team

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
Preschool A with Kat

11:15PM
Preschool B with Kat

4:00PM
Preschool A with Laura

4:30PM
Level 4/5 with Christine

5:30PM
Preschool B With Laura

7:00PM
Adult Swim Training/Skill Building with George

FRIDAY

9:00AM
Preschool A with Janine

9:30AM
Parent Child A&B with Janine

5:00PM -6:30PM
Swim Team

SATURDAY

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

9:45AM
Parent Child B with Kat
Preschool C with Laura

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

10:45AM
Preschool B with Kat
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: Sept 8th - Oct 27th
Monday: Sept 9th - Oct 28th
Tuesday: Sept 10th - Oct 29th
Wednesday: Sept 11th - Oct 30th
Thursday: Sept 12th - Oct 31st
Friday: Sept 13th - Nov 1st
Saturday: Sept 14th - Nov 2nd

REGISTER

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

PARENT / CHILD ACADEMY (6 months - 4 years)

The following classes are offered in a parent and child format with the parent accompanying the child into the water during each class.

Parent and Child A - Ages 6 months -2.5 years of age. They will learn basic water adjustment through play and song.

Parent and Child B - Ages 18 months - 4 years of age. They will learn beginner swimming skills and water safety skills through play and song.

Parent and Child C - Ages 2.5 - 4 years of age. This is an advanced class for those who have taken a minimum of 2 sessions in B or have received prior approval by the swim director. Students must feel comfortable going under water and be able to jump from the side of the pool. They will continue learning swimming and safety water skills including those taught in our preschool academy.

PRESCHOOL ACADEMY (3 - 5 years)

The following classes are for preschool-aged children who are mature enough to enter the water independently and follow directions.

Preschool A : Is for a child who has never taken a swim class before and does not like to put his or her face in the water. They will learn beginner swimming and water safety skills including: Blowing Bubbles, Submerging mouth, nose, and eyes, floating on back, gliding on front with assistance, Kicking legs on front and back with assistance, and jump into water with assistance.

Preschool B : Is for a child who feels comfortable in the water and can put their face underwater. They will continue building beginning swimming and water safety skills with increasing independence including: floating on back, gliding on front and roll to back, swim with combined leg and arm movement on front and back, retrieve objects underwater with eyes open, and jump in water with assistance or independently.

Preschool C : Is for a child who has successfully completed Preschool B or have received prior approval by the swim director. They will build on and strengthen skills from level A & B by increasing the amount of time and distance that the skills are practiced working towards full independence. Skills include floating on front and back, gliding on front and roll to back, gliding on back and roll front, swim with combined arm and leg movement on front and back, bobbing, treading water, and jumping in all independently.

YOUTH ACADEMY (6 years and older)

The following classes are for school-aged children who are mature enough to enter the water independently and follow directions.

Level 1 : Is for a child who has never taken swimming lessons before or is a beginner working on the skills listed below. In this level we work with children who may or may not feel comfortable putting their faces in the water. They will learn beginner swimming and water safety skills including: blowing bubbles and submerging eyes, nose and mouth in water, floating on back, swimming with combined arm and leg movement on front and back and retrieving object underwater with eyes open all independently. With assistance if needed they will also glide on front, kicking legs on front and back, float on front, and gliding on front and roll to back.

Level 2 : Is for a child who has successfully completed Level 1 or all skills required to pass Level 1. In this level they will continue Level 1 skills while working towards achieving the goal of swimming without a flotation device by strengthening through repetition and increasing the time and distance skills are practiced. Skills include floating on front and back, gliding on front and back with roll to reverse side, swim with combined arm and leg movement on front and back, bobbing, treading water, jump in water, and swim underwater.

Level 3 : Is for a child who has successfully completed level 2 or all skills required to pass Level 2. Your child must be able to swim the entire length of the pool without stopping and without a flotation device. This will be assessed at the first class. They will continue Level 2 skills as well as elementary backstroke, breaststroke kick, arms and combined, scissor kick, dolphin kick, rotary breathing, and treading water.

Level 4/5 : Is for a child who has successfully completed level 3 or all skills required to pass level 3. Your child will strengthen, improve, and refine skills learned in Level 3 (rotary breathing, elementary backstroke, and breaststroke) as well as learn new skills including: sidestroke arms, kick, and combined, butterfly arms, kick, and combined and flip turns.

Adaptive Swim Academy

Adaptive Swim A: (Ages 2-5) is a parent and child class for children who may learn, move, and/or communicate differently. The class is tailored towards children with intellectual and development disorders. The primary goals of this class are to create a safe environment to learn, enhance swimming techniques, and have fun. Please feel free to provide any teaching tools and or behavior management techniques that you know might work best for your child.

Adult Swim Academy (Ages 18 and older)

Total Immersion Swimming Level 1 : This class is the basic course for those with little to no swimming ability but do not have a fear of water. The class is geared towards those looking to become better swimmers for recreation, fitness, health, or racing.

Total Immersion Swimming Level 2 : This class is the further advanced TI program that requires completion of Level 1 or basic swimming skills and knowledge. This program provides further advances on technique and coaching for those looking to become better swimmers for recreation, fitness, health, or racing.

Adult Swim Training/Skill Building : This swim class is geared towards swimmers intermediated and above. In this class you will be swimming speed, endurance, and learning good pacing skills. Your coach will address swim technique, form, stroke count, and provide video analysis. You will 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 into classes
Sibling Discount
1 build in absent

Swim Academy Tuition
\$69 a month Siblings
\$65 a month

Register on-line at

worcesterfitness.com/swimming-lessons