

## REGISTRATION INFORMATION

Register online at [bodyzonesports.com/swim](http://bodyzonesports.com/swim)  
or in person prior to the first day of class.

**Please Note:**

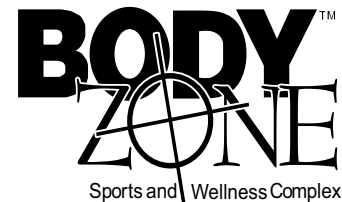
- Fees: \$125 for Parent/Child classes  
\$140 for all other levels
- For children ages 6 months to 13 years
- 5:1 student-instructor ratio (10:1 for Parent/Child classes)
- Payment and signed registration agreement due at registration. Register online to secure a spot as classes fill quickly.
- Wait list option will appear for classes that are full. Although credit card info will be requested, you will not be charged until placement is secured. Body Zone's Aquatics Director will contact you when a space becomes available.
- Classes need at least two participants to run.
- Make up sessions are not permitted.
- Facility use is subject to potential limitation due to special events at the sole discretion of Body Zone Sports and Wellness Complex.

**When a specific class is completely booked,  
join our waitlist for alerts about other class  
opportunities.**

**Learn more: [bodyzonesports.com/swim](http://bodyzonesports.com/swim)**

Kyle Lincoln, Director of Aquatics  
[klincoln@bodyzonesports.com](mailto:klincoln@bodyzonesports.com)  
610-376-2100 x 225

3103 Paper Mill Road  
Wyomissing PA 19610  
**610-376-2100**



**[bodyzonesports.com](http://bodyzonesports.com)**



**SPRING SWIM SCHOOL**  
**BEGINS THE WEEK OF MARCH 13, 2023**



# SPRING SWIM SCHOOL | BEGINS THE WEEK OF MARCH 13, 2023

Body Zone's Swim School focuses on each person as a developing individual, teaching them to not only appreciate the water and acquire basic aquatics skills, but to also develop competitive strokes, which will prepare them for swimming as a sport or a life skill. We follow American Red Cross guidelines for teaching all classes.

MONDAY CLASSES BEGIN MARCH 13		TUESDAY CLASSES BEGIN MARCH 14		WEDNESDAY CLASSES BEGIN MARCH 15	
TIME	LEVEL	TIME	LEVEL	TIME	LEVEL
11:00-11:30 AM	Parent/Child I	4:15-4:45 PM	Level I	11:00-11:30AM	Parent/Child II
11:00-11:30 AM	Preschool I	4:15-4:45 PM	Preschool I	11:00-11:30AM	Preschool II
11:45 AM-12:15 PM	Preschool II	5:00-5:30 PM	Level II	11:45 AM-12:15 PM	Preschool I
11:45 AM-12:15 PM	Parent/Child II	5:00-5:30 PM	Preschool II	11:45 AM-12:15 PM	Parent/Child I
12:30-1:00 PM	Preschool III	5:00-5:30 PM	Parent/Child I	12:30-1:00 PM	Parent/Child II
12:30-1:00 PM	Preschool I	5:45-6:15 PM	Level III	12:30-1:00 PM	Preschool II
4:15-4:45 PM	Parent/Child I	5:45-6:15 PM	Preschool I	4:15-4:45 PM	Level I
4:15-4:45 PM	Level I	5:45-6:15 PM	Parent/Child II	4:15-4:45 PM	Parent/Child II
5:00-5:30 PM	Parent/Child II			4:15-4:45 PM	Level III
5:00-5:30 PM	Level III	SATURDAY CLASSES BEGIN MARCH 18		5:00-5:30 PM	Level II
5:45-6:15 PM	Level IV			5:00-5:30 PM	Preschool III
5:45-6:15 PM	Level II			5:00-5:30 PM	Level IV
5:45-6:15 PM	Preschool II			5:45-6:15 PM	Level I
				5:45-6:15 PM	Parent/Child I
THURSDAY CLASSES BEGIN MARCH 16		9:45-10:15 AM	Level I	5:45-6:15 PM	Level V
TIME	LEVEL	9:45-10:15 AM	Parent/Child I		
4:15-4:45 PM	Preschool II	9:45-10:15 AM	Level I		
4:15-4:45 PM	Preschool III	10:30-11:00 AM	Preschool II		
4:15-4:45 PM	Level II	10:30-11:00 AM	Parent/Child II		
5:00-5:30 PM	Level I	11:15-11:45 AM	Level II		
5:00-5:30 PM	Preschool I	11:15-11:45 AM	Parent/Child I		
5:45-6:15 PM	Parent/Child I	12:00-12:30 PM	Level IV		
5:45-6:15 PM	Preschool III	12:00-12:30 PM	Parent/Child II		
		12:45-1:15 PM	Preschool I		
		12:45-1:15 PM	Preschool III		
		12:45-1:15 PM	Level II		
		1:30-2:00 PM	Level I		
		1:30-2:00 PM	Level III		
		1:30-2:00 PM	Level V		

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FEES:  
\$125 FOR  
PARENT/CHILD  
CLASSES  
\$140  
FOR ALL  
OTHER  
LEVELS



## LEVELS OFFERED

- Parent/Child I (6 months – 18 months)**  
The course will familiarize children with water and focus on water acclimation. There are no skill prerequisites and a parent or guardian MUST accompany the child to each class.
- Parent/Child II (18 months – 4 years)**  
The course will further familiarize children with water and focus on building pool readiness. Child must have experience in the water and a parent or guardian MUST accompany the child to each class.
- Preschool I (4 years – 6 years)**  
The course will familiarize children to an aquatic environment and help them acquire basic aquatic skills. We will focus on blowing bubbles, floating with support, and underwater exploration. There are no skill prerequisites for this level. Skills are performed with support from the instructor.
- Preschool II (4 years – 6 years)**  
The course will further familiarize children to an aquatic environment and help them acquire basic aquatic skills. We will focus on floating with assistance, basic breathing skills, gliding, kicking and arm movement with assistance. Prerequisite: successful completion of Preschool I or equivalent skills. Skills are performed with assistance from the instructor.
- Preschool III (4 years – 6 years)**  
The course will further familiarize children to an aquatic environment to help them acquire intermediate aquatic skills. We will focus on floating independently, basic breathing skills, gliding, kicking and arm movement without assistance. Prerequisite: successful completing of Preschool II or equivalent skills. Skills are performed independently.
- Level I (6+ years)**  
The course will familiarize students to an aquatic environment and help them acquire basic aquatic skills. We will focus on basic breathing skills, floating with support, kicking, underwater exploration and pool safety skills. There are no skill prerequisites for this level. Skills are performed with support from the instructor.
- Level II (6+ years)**  
The course will further familiarize students to an aquatic environment and help them acquire basic aquatic skills. We will focus on floating without support, recovery to a vertical position, underwater exploration, gliding, and treading water. Prerequisite: successful completion of Level I, Preschool II, Preschool I or equivalent skills.
- Level III (6+ years)**  
The course will further familiarize students to an aquatic environment and help them acquire intermediate aquatic skills. We will focus on rotary breathing, front and back crawl stroke, and elementary backstroke. Prerequisite: successful completion of Level I, Preschool II, Preschool III, or equivalent skills.
- Level IV (6+ years)**  
The course will further familiarize students to an aquatic environment and help them acquire intermediate aquatic skills. We will focus on sidestroke, breaststroke, butterfly, improving front and back crawl stroke, and learning standing dives. Prerequisite: successful completion of Level III or equivalent skills.
- Level V (7+ years)**  
The course will further familiarize students to an aquatic environment and help them acquire advanced aquatic skills. We will focus on refining all six swimming strokes, improving standing dives, and learning turns. Prerequisite: successful completion of Level IV or equivalent skills.