Holiday Swim School

**Register online to quickly guarantee your spot: bodyzonesports.com/swim
or scan the code here --->**

- Fee for seven 30-minute small group classes:
  $125 for Parent/Child classes
  $150 for all other levels
- 5:1 student-instructor ratio (10:1 for Parent/Child classes).
- Waiver, payment and signed registration agreement due at registration.
- Classes need at least two participants to run.
- Please note: make up sessions are not permitted.

Mondays & Wednesdays
Classes meet on: November 27, 29, December 4, 6, 11, 13, 18

CLASS LEVEL	TIME
Parent/Child l	11:45 AM - 12:15 PM
Parent/Child l	4:15 - 4:45 PM
Parent/Child ll	11:00 - 11:30 AM
Parent/Child ll	12:30 - 1:00 PM
Parent/Child ll	5:00 - 5:30 PM
Preschool l	11:45 AM - 12:15 PM
Preschool l	4:15 - 4:45 PM
Preschool ll	11:00 - 11:30 AM
Preschool ll	5:00 - 5:30 PM
Preschool lll	12:30 - 1:00 PM
Level l	4:15 - 4:45 PM
Level ll	5:00 - 5:30 PM
Level lll	5:45 - 6:15 PM
Level V	5:45 - 6:15 PM

Tuesdays & Thursdays
Classes meet on: November 28, 30, December 5, 7, 12, 14, 19

LEVEL	TIME
Parent/Child l	5:00 - 5:30 PM
Parent/Child ll	5:45 - 6:15 PM
Preschool l	5:45 - 6:15 PM
Preschool ll	4:15 - 4:45 PM
Preschool lll	4:15 - 4:45 PM
Level l	5:00 - 5:30 PM
Level ll	4:15 - 4:45 PM
Level lll	5:00 - 5:30 PM
Level lV	5:45 - 6:15 PM

Find your class level! Level descriptions on reverse side.

BODY ZONE™
Sports and Wellness Complex

Description of Swim School Levels

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 and 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.
Prerequisite: successful completion of Level IV or equivalent skills.