

REGISTRATION INFORMATION

Register online at bodyzonesports.com/swim
or in person prior to the first day of class.

Please Note:

- Fees: \$130 for Parent/Child classes
\$160 for Preschool & Level I-V classes
- For children ages 6 months to 14 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.
- Classes need at least three 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.

More Youth Programs at Body Zone

Parent/Infant Water Survival Class • Summer Adventure Camp

School's Out Holiday Day Camps • Learn to Skate

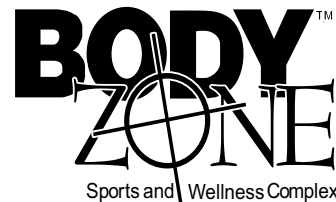
School of Hoops Youth Basketball Programs: Tot Basketball;
Player Development Clinics; Leagues & More

Youth Fitness Programs: School of Fit; Junior Gym Certification;
Personal Training & More

Learn more here: bodyzonesports.com/activekids

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bodyzonesports.com



FALL SWIM SCHOOL
Begins Tuesday, September 3, 2024!



**REGISTER
ONLINE!**



bodyzonesports.com/swim



FALL SWIM SCHOOL | BEGINS TUESDAY, SEPTEMBER 3, 2024

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 SEPTEMBER 9		TUESDAY CLASSES BEGIN SEPTEMBER 3		WEDNESDAY CLASSES BEGIN SEPTEMBER 4	
LEVEL	TIME	LEVEL	TIME	LEVEL	TIME
11:00-11:30 AM	Parent/Child I	4:15-4:45 PM	Parent/Child I	11:00-11:30 AM	Parent/Child II
11:45 AM-12:15 PM	Parent/Child II	4:15-4:45 PM	Preschool I	11:45 AM-12:15 PM	Parent/Child I
11:45 AM-12:15 PM	Preschool II	4:15-4:45 PM	Level I	11:45 AM-12:15 PM	Preschool I
12:30-1:00 PM	Preschool I	5:00-5:30 PM	Parent/Child I	12:30-1:00 PM	Preschool II
4:15-4:45 PM	Preschool III	5:00-5:30 PM	Preschool III	4:15-4:45 PM	Preschool II
4:15-4:45 PM	Level III	5:00-5:30 PM	Level III	4:15-4:45 PM	Level I
4:15-4:45 PM	Level IV	5:45-6:15 PM	Parent/Child II	4:15-4:45 PM	Level II
5:00-5:30 PM	Parent/Child I	5:45-6:15 PM	Preschool II	5:00-5:30 PM	Preschool III
5:00-5:30 PM	Preschool I	5:45-6:15 PM	Level II	5:00-5:30 PM	Level III
5:00-5:30 PM	Level I	FEES: \$130 FOR PARENT/CHILD CLASSES \$160 FOR PRESCHOOL & LEVEL I-V CLASSES		5:00-5:30 PM	Level IV
5:45-6:15 PM	Parent/Child II			5:45-6:15 PM	Preschool I
5:45-6:15 PM	Preschool II			5:45-6:15 PM	Level I
5:45-6:15 PM	Level II			5:45-6:15 PM	Level V
THURSDAY CLASSES BEGIN SEPTEMBER 5		SATURDAY CLASSES BEGIN SEPTEMBER 7			
LEVEL	TIME	LEVEL	TIME	LEVEL	TIME
4:15-4:45 PM	Parent/Child II	9:00-9:30 AM	Preschool III		
4:15-4:45 PM	Preschool II	9:00-9:30 AM	Level III	12:00-12:30 PM	Parent/Child I
4:15-4:45 PM	Level II	9:45-10:15 AM	Parent/Child I	12:00-12:30 PM	Preschool I
5:00-5:30 PM	Parent/Child I	9:45-10:15 AM	Preschool I	12:00-12:30 PM	Level I
5:00-5:30 PM	Preschool I	9:45-10:15 AM	Level I	12:45-1:15 PM	Preschool II
5:00-5:30 PM	Level I	10:30-11:00 AM	Parent/Child II	12:45-1:15 PM	Level II
5:45-6:15 PM	Parent/Child II	10:30-11:00 AM	Preschool II	1:30-2:00 PM	Preschool I
5:45-6:15 PM	Preschool III	10:30-11:00 AM	Level II	1:30-2:00 PM	Level III
5:45-6:15 PM	Level III	11:15-11:45 AM	Parent/Child II	1:30-2:00 PM	Level V
		11:15-11:45 AM	Preschool III		
		11:15-11:45 AM	Level IV		

Register online:
bodyzonesports.com/swim

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 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 completion of Preschool II or equivalent skills. Skills are performed independently.

Level I (6+ years)

The course will further 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.

