

REGISTRATION INFORMATION

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

Please Note:

- Summer Session Six-Class Fees:
\$120 Parent/Child & \$145 All Other Levels
- For children ages 6 months to 13 years
- 5:1 student-instructor ratio (10:1 for Parent/Child classes)
- Need to join our waitlist? Complete the waitlist form located here:
bodyzonesports.com/swim.
- 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

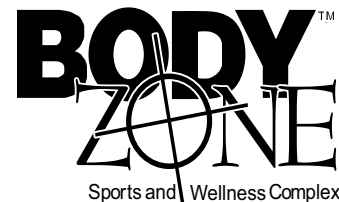
School's Out Holiday Day Camps • Learn to Skate
School of Hoops Youth Basketball Programs: Tot Basketball; Player
Development Clinics; Leagues & More

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

Learn more here: bodyzonesports.com/activekids

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bodyzonesports.com/swim



SUMMER SWIM SCHOOL – SESSION I

Weekday classes begin May 5 & Saturday classes begin May 10



**REGISTER
ONLINE!**



bodyzonesports.com/swim



SUMMER SWIM SCHOOL - SESSION I

MONDAYS & WEDNESDAYS		TUESDAYS & THURSDAYS	
Session I dates: May 5, 7, 12, 14, 19, 21		Session I dates: May 6, 8, 13, 15, 20, 22	
TIME	LEVEL	TIME	LEVEL
11:00 - 11:30 am	Parent/Child II	4:15 - 4:45 pm	Level II
11:45 am - 12:15 pm	Parent/Child I	4:15 - 4:45 pm	Preschool II
11:45 am - 12:15 pm	Preschool I	5:00 - 5:30 pm	Preschool III
12:30 - 1:00 pm	Preschool II	5:00 - 5:30 pm	Level III
4:15 - 4:45 pm	Parent/Child II	5:00 - 5:30 pm	Level IV
4:15 - 4:45 pm	Level I	5:45 - 6:15 pm	Level I
4:15 - 4:45 pm	Preschool I	5:45 - 6:15 pm	Level V
5:00 - 5:30 pm	Parent/Child I	5:45 - 6:15 pm	Preschool I
5:00 - 5:30 pm	Preschool II		
5:00 - 5:30 pm	Level II		
5:45 - 6:15 pm	Parent/Child II		
5:45 - 6:15 pm	Level III		
5:45 - 6:15 pm	Preschool III		

SATURDAYS			
Session I dates: May 10, 17, 31, June 7, 14, 21 (no class on May 24)			
TIME	LEVEL	TIME	LEVEL
9:00 - 9:30 am	Preschool I	11:15 - 11:45 am	Level IV
9:00 - 9:30 am	Level I	12:00 - 12:30 pm	Parent/Child II
9:45 - 10:15 am	Parent/Child II	12:00 - 12:30 pm	Preschool II
9:45 - 10:15 am	Preschool II	12:00 - 12:30 pm	Level II
9:45 - 10:15 am	Level II	12:45 - 1:15 pm	Preschool II
10:30 - 11:00 am	Parent/Child I	12:45 - 1:15 pm	Preschool III
10:30 - 11:00 am	Level III	12:45 - 1:15 pm	Level III
10:30 - 11:00 am	Preschool III	1:30 - 2:00 pm	Preschool I
11:15 - 11:45 am	Parent/Child I	1:30 - 2:00 pm	Level I
11:15 - 11:45 am	Preschool I	1:30 - 2:00 pm	Level V

REGISTER ONLINE:
bodyzonesports.com/swim

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.

FEES:
\$120 FOR PARENT/CHILD CLASSES
\$145 FOR PRESCHOOL & LEVEL I-V CLASSES



LEVELS OFFERED

Parent/Child I (6 months – 3 years)
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 (6 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 further 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.

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.