

REGISTRATION INFORMATION

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

Please Note:

- Special 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)
- 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 III

Classes begin the week of July 7, 2025



**REGISTER
ONLINE!**



bodyzonesports.com/swim



SUMMER SWIM SCHOOL - SESSION III

LEVELS OFFERED

MONDAYS & WEDNESDAYS

Session III dates: JULY 7, 9, 14, 16, 21, 23

TUESDAYS & THURSDAYS

Session III dates: July 8, 10, 15, 17, 22, 24

TIME	LEVEL	TIME	LEVEL
4:15 - 4:45 pm	Preschool I	4:15 - 4:45 pm	Parent/Child II
4:15 - 4:45 pm	Level I	4:15 - 4:45 pm	Preschool II
5:00 - 5:30 pm	Preschool II	4:15 - 4:45 pm	Level II
5:00 - 5:30 pm	Level II	5:00 - 5:30 pm	Parent/Child I
5:00 - 5:30 pm	Level IV	5:00 - 5:30 pm	Preschool III
5:45 - 6:15 pm	Preschool III	5:00 - 5:30 pm	Level III
5:45 - 6:15 pm	Level III	5:45 - 6:15 pm	Parent/Child II
5:45 - 6:15 pm	Level V	5:45 - 6:15 pm	Preschool I
		5:45 - 6:15 pm	Level I

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

Current Swim School students! Please consult your instructor before signing up for a higher leveled class.

REGISTER ONLINE:
bodyzonesports.com/swim

Parent/Child I AGE REQUIREMENT: 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 AGE REQUIREMENT: 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 AGE REQUIREMENT: 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 AGE REQUIREMENT: 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 AGE REQUIREMENT: 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 AGE REQUIREMENT: 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 AGE REQUIREMENT: 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 AGE REQUIREMENT: 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 AGE REQUIREMENT: 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 AGE REQUIREMENT: 6+ 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.

