

REGISTRATION INFORMATION

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

Please Note:

- Fees for six classes: \$130 for Parent/Child and \$160 all other levels
- 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.
- 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.

More Youth Programs at Body Zone

Parent/Infant Water Survival Class • Summer Adventure Camp

School's Out Holiday Day Camps • Learn to Skate

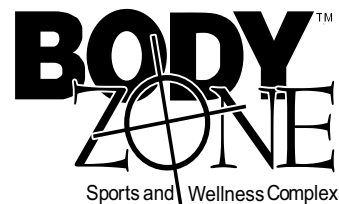
School of Hoops Youth Basketball Programs: Tot Basketball;
Player Development Clinics; Leagues & More

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

Learn more here: bodyzonesports.com/activekids

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610-376-2100



bodyzonesports.com



WINTER SWIM SCHOOL

Classes begin the week of January 5, 2026



**REGISTER
ONLINE!**



bodyzonesports.com/swim



Winter Swim School | Classes begin the week of January 5, 2026

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 JANUARY 5		TUESDAY CLASSES BEGIN JANUARY 6		WEDNESDAY CLASSES BEGIN JANUARY 7	
LEVEL	TIME	LEVEL	TIME	LEVEL	TIME
11:00-11:30 AM	Parent/Child I	4:45-5:15 PM	Parent/Child I	11:00-11:30AM	Parent/Child II
11:00-11:30 AM	Preschool I	4:45-5:15 PM	Preschool III	11:00-11:30AM	Preschool II
11:45-12:15 PM	Parent/Child II	4:45-5:15 PM	Level III	11:45 AM-12:15 PM	Parent/Child I
11:45-12:15 PM	Preschool II	5:30-6:00 PM	Parent/Child II	11:45 AM-12:15 PM	Preschool III
12:30-1:00 PM	Parent/Child III	5:30-6:00 PM	Preschool II	12:30-1:00 PM	Preschool I
12:30-1:00 PM	Preschool III	5:30-6:00 PM	Level II	4:45-5:15 PM	Preschool II
4:45-5:15 PM	Preschool I	6:15-6:45 PM	Parent/Child III	4:45-5:15 PM	Level II
4:45-5:15 PM	Level I	6:15-6:45 PM	Preschool I	5:30-6:00 PM	Preschool III
5:30-6:00 PM	Preschool II	6:15-6:45 PM	Level I	5:30-6:00 PM	Level I
5:30-6:00 PM	Level II	<div>FEE FOR SIX CLASSES: \$130 for Parent/Child and \$160 all other levels</div>		5:30-6:00 PM	Level III
5:30-6:00 PM	Level IV			6:15-6:45 PM	Preschool I
6:15-6:45 PM	Preschool III			6:15-6:45 PM	Level I
6:15-6:45 PM	Level III			6:15-6:45 PM	Level IV
6:15-6:45 PM	Level V				
THURSDAY CLASSES BEGIN JANUARY 8		SATURDAY CLASSES BEGIN JANUARY 10			
LEVEL	TIME	LEVEL	TIME	LEVEL	TIME
4:45-5:15 PM	Parent/Child II	9:00-9:30 AM	Preschool I		
4:45-5:15 PM	Preschool I	9:00-9:30 AM	Level I		
4:45-5:15 PM	Level I	9:45-10:15 AM	Parent/Child II	12:00-12:30 PM	Preschool I
5:30-6:00 PM	Parent/Child II	9:45-10:15 AM	Preschool II	12:00-12:30 PM	Level I
5:30-6:00 PM	Preschool II	9:45-10:15 AM	Level II	12:45-1:15 PM	Preschool III
5:30-6:00 PM	Level II	10:30-11:00 AM	Parent/Child I	12:45-1:15 PM	Level II
6:15-6:45 PM	Parent/Child I	10:30-11:00 AM	Preschool III	12:45-1:15 PM	Level IV
6:15-6:45 PM	Preschool III	10:30-11:00 AM	Level III	1:30-2:00 PM	Preschool I
6:15-6:45 PM	Level III	11:15-11:45 AM	Parent/Child II	1:30-2:00 PM	Level I
		11:15-11:45 AM	Preschool II	1:30-2:00 PM	Level V
		11:15-11:45 AM	Level II		

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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.
- Parent/Child III (2.5 – 4 years) BY REFERRAL ONLY**
Parent/Child III is a bridge class between Parent/Child II and Preschool I. The focus of this class is to continue building water exploration skills while gently introducing independence in the water. To participate in this class, your child must be currently enrolled in Parent/Child II and be recommended by the instructor. Please do not sign up for this class unless you have been contacted by Body Zone's Director of Aquatics.
- 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.
- 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.

