

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:
- \$130 Parent/Child & \$160 All Other Levels
- For children ages 6 months to 14 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: Junior Gym Certification;
Personal Training & More

Learn more here: bodyzonesports.com/activekids

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bodyzonesports.com/swim



SUMMER SWIM SCHOOL – SESSION III

August 3-20, 2026



**REGISTER
ONLINE!**



bodyzonesports.com/swim



SUMMER SWIM SCHOOL - SESSION III

MONDAYS & WEDNESDAYS

Session III dates: August 3, 5, 10, 12, 17, 19

TIME

LEVEL

TUESDAYS & THURSDAYS

Session III dates: August 4, 6, 11, 13, 18, 20

TIME

LEVEL

11:00 - 11:30 am	Preschool I	4:45 - 5:15 pm	Preschool I
11:45 am - 12:15 pm	Preschool II	4:45 - 5:15 pm	Level I
12:30 - 1:00 pm	Preschool III	5:30 - 6:00 pm	Preschool II
4:45 - 5:15 pm	Parent/Child II	5:30 - 6:00 pm	Level II
4:45 - 5:15 pm	Preschool I	5:30 - 6:00 pm	Level IV
4:45 - 5:15 pm	Level III	6:15 - 6:45 pm	Preschool III
5:30 - 6:00 pm	Parent/Child I	6:15 - 6:45 pm	Level I
5:30 - 6:00 pm	Preschool II	6:15 - 6:45 pm	Level V
5:30 - 6:00 pm	Level II		
6:15 - 6:45 pm	Parent/Child II	Body Zone's Swim School, for ages six months to 14, emphasizes safety, confidence and personal growth in the water, while fostering a love for swimming that can last a lifetime — whether for recreation, fitness or competitive goals.	
6:15 - 6:45 pm	Preschool I		
6:15 - 6:45 pm	Level I		

IMPORTANT: Before signing up, please find your child’s correct swim level by reviewing the Levels Offered section of this brochure.

For current Swim School participants, please consult your instructor before signing up for a higher level.

REGISTER ONLINE: bodyzonesports.com/swim

FEES:
\$130 FOR
PARENT/CHILD
CLASSES

\$160 FOR
PRESCHOOL &
LEVEL I-V
CLASSES



LEVELS OFFERED

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 only ONE 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 only ONE 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.