



Sport Fit Bowie - Swim Lessons
301-262-4553 / 410-741-1355

Register in-person or over the phone.

January 2nd, 2023 - January 29th, 2023

Registration fees are based on the membership status of the participant.

Swim Lessons (30 minutes): Member \$80 / Non-Member \$139

Stroke Development (45 minutes): Member \$108 / Non-Member \$168

Swim Team Practices: See Non-Comp Schedule



CLASSES	SUNDAY 4 weeks Jan 8th - Jan 29th	MONDAY 4 weeks Jan 2nd - Jan 23rd	TUESDAY 4 weeks Jan 3rd - Jan 24th	WEDNESDAY 4 weeks Jan 4th - Jan 25th	THURSDAY 4 weeks Jan 5th - Jan 26th	FRIDAY 4 weeks Jan 6th - Jan 27th	SATURDAY 4 weeks Jan 7th - Jan 28th
Tots 1 (8-35 mths.)			6p-6:30p Brian		5:00-5:30 Brian		9:50a-10:20a Dan
Tots 2 (24-35 mths.)			4:40p-5:10p Dan 6:35p-7:05p Brian		5:35p-6:05p Brian		10:25a-10:55a Dan
Tots 3 (32-42 mths.)			5:15p-5:45p Dan				11a-11:30a Dan
Primary 1 (3-5 years)			4:50p-5:20p Brian		6:10-6:40 Brian		
Primary 2 (3-5 years)			5:25p-5:55p Brian				10a-10:30a Shina
Primary 3 (3-5 years)		5:30pm-6pm Addie			5:30pm-6pm Addie		
Youth 1 (6-12 Years)	10:15a-10:45a Rob	4pm - 4:30pm Shaina	5:50p-6:20p Dan	4pm - 4:30pm Shaina	5:30p-6p Rob 6:05p-6:35p Rob	4pm - 4:30pm Shaina 6:05p-6:35p Rob	10:35a-11:05a Shaina 11:35a-12:05p Dan
Youth 2 (6-12 Years)	9:40a-10:10a Rob 12:05p-12:35p Dan	4:35a-5:05a Shaina	6:25p-6:55p Dan	4:35p-5:05p Shaina	6:40p-7:10p Rob 7:15p-7:45p Rob	4:35p-5:05p Shaina 5:30p-6p Rob 7:15p-7:45p Rob	11:10a-11:40a Shaina 12:10p-12:40p Dan
Youth 3 (6-12 Years) Deep Water	8:30a-9a Rob 9:05a-9:35a Rob	5:10p-5:40p Shaina	4pm-4:30pm Dan	5:10p-5:40p Shaina 6:10pm-6:40pm Alexis	6:10pm-6:40pm Alexis	6:40p-7:10p Rob	10:30a-11a Rob 11:45a-12:15p Shaina 11:05a-11:35a Rob
Stroke & Endurance Development	11:30am-12:15pm Addie		6:15pm-7pm Addie				
Ease Into Swimming	11:30am-12pm Dan						
Adult 1 (13 and Up)	10:50a-11:20a Rob 12:40pm-1:10pm Dan	5:45p-6:15p Shaina	7pm-7:30pm Dan	5:45p-6:15p Shaina 6:45p-7:15p Alexis	10:45am-11:15am Dan 1:30pm-2pm Dan 6:45p-7:15p Alexis 7:50p-8:20p Rob	7:50p-8:20p Rob	11:40a-12:10p Rob 12:20p-12:50p Shaina
Adult 2	1:15pm-1:45pm Dan 11:25a-11:55a Rob	6:20p-6:50p Shaina	7:35pm-8:05pm Dan	6:20p-6:50p Shaina 7:20p-7:50p Alexis	10:10am-10:40am Dan 8:25p-8:55p Rob 7:20p-7:50p Alexis	8:25p-8:55p Rob	12:55p-1:25p Shaina 12:55p-1:25p Rob
Adult Stroke & Development (16+)	10:30am-11:15am Dan						

BATHING SUITS ARE REQUIRED!

Be sure to check the pre-requisites before registering your child. If the instructor determines that a child is not suited for the class, the child may be asked to withdraw.

Classes are held once a week for 4 weeks.

Make-ups are not provided for students missing class for whatever reason.

We do not permit children to come on alternate days to make-up for classes.

Due to limited spots available, all sales are final and no refund or changes of any kind will be provided unless for medical reasons (Doctor's note required).

Cancellations made 7+ days prior to start date will receive a full refund minus a \$10 non-refundable fee or you may choose to receive credit toward the next session with no cancellati
 Cancellation requests must be made to the Aquatics Director, please call 301-262-4553/410-741-1355.

Classes are held in our indoor facility and can be held during inclement weather.

We do not follow the school system's closings. If in doubt, please call 301-262-4553/410-741-1355.



ion fee assessed.