



Sport Fit Bowie - Swim Lessons
301-262-4553 / 410-741-1355
Register in-person or over the phone.
March 5th, 2023 - April 1st, 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 Mar 5th - Mar 26th	MONDAY 4 weeks Mar 6th - Mar 27th	TUESDAY 4 weeks Mar 7th - Mar 28th	WEDNESDAY 4 weeks Mar 8th - Mar 29th	THURSDAY 4 weeks Mar 9th - Mar 30th	FRIDAY 4 weeks Mar 10th - Mar 31st	SATURDAY 4 weeks Mar 11th - Apr 1st
Tots 1 (8-35 mths.)	8:30-9:00am Jordan		6:00-6:30pm Brian		5:00-5:30pm Brian		10:45-11:15am Dan
Tots 2 (24-35 mths.)	9:05-9:35am Jordan		4:40-5:10pm Dan 6:35-7:05pm Brian		5:35-6:05pm Brian		11:20-11:50pm Dan
Tots 3 (32-42 mths.)			5:15-5:45pm Dan				11:55-12:25pm Dan
Primary 1 (3-5 years)	11:15-11:45am Jordan	9:00-9:30am Alexis	4:00-4:30 Jordan 4:50-5:20pm Brian		6:10-6:40pm Brian		
Primary 2 (3-5 years)	11:00-11:30am Alexis	9:35-10:05am Alexis	4:35-5:05 Jordan 5:25-5:55pm Brian				10:00-10:30am Shaina
Primary 3 (3-5 years)	11:35-12:05pm Alexis 1:45-2:15pm Jordan	10:10-10:40am Alexis 4:15-4:45pm Jordan	5:10-5:40pm Jordan	4:30-5:00pm Jordan 5:10-5:40pm Shaina			
Youth 1 (6-12 Years)	10:05-10:35am Rob	4:00-4:30pm Shaina 4:50-5:20pm Jordan	6:20-6:50pm Jordan	4:00-4:30pm Shaina 6:15-6:45pm Jordan	6:00-6:30pm Rob	4:00- 4:30pm Shaina 6:05-6:35pm Rob	10:00-10:30am Rob 10:35-11:05am Shaina
Youth 2 (6-12 Years)	9:30-10:00am Rob 12:05-12:35pm Dan	4:35-5:05pm Shaina 5:25-5:55pm Jordan	5:45-6:15pm Jordan 6:25-6:55pm Dan	4:35-5:05pm Shaina 5:40-6:10pm Jordan	6:35-7:05pm Rob	4:35-5:05pm Shaina 5:30-6:00pm Rob 6:40-7:10pm Rob	10:35-11:05am Rob 11:10-11:40am Shaina 12:15-12:45pm Dan
Youth 3 (6-12 Years) Deep Water	10:40-10:50am Rob	6:00-6:30pm Jordan	4:00-4:30pm Dan		6:10-6:40pm Alexis 7:10-7:40pm Rob	7:15-7:45pm Rob	11:10-11:40am Rob 11:45-12:15pm Shaina
Stroke & Endurance Development			8:05-8:50pm Jordan				11:10-11:50am Alexis
Ease Into Swimming	11:30-12:00pm Dan		3:15-3:45pm Dan				
Adult 1 (13 and Up)	10:55-11:25am Rob 12:40-1:10pm Dan	5:10-5:40pm Shaina 6:35-7:05pm Jordan	7:00-7:30pm Dan	5:45-6:15pm Shaina 6:50-7:20pm Jordan	10:45-11:15am Dan 7:20-7:50pm Alexis 7:45-8:15pm Rob	7:50-8:20pm Rob	11:45-12:15pm Rob 12:20-12:50pm Shaina
Adult 2 (13 and Up)	11:30-12:00pm Rob 1:15-1:45pm Dan	5:40-6:10pm Shaina 7:10-7:40pm Jordan	7:35-8:05pm Dan	6:20-6:50pm Shaina	6:45-7:15pm Alexis 8:20-8:50pm Rob	8:25-8:55pm Rob	12:20-12:50pm Rob 12:55-1:25pm Shaina
Adult Stroke & Development (16+)	10:30-11:15am Dan 2:20-3:05pm Jordan		8:15-9:00pm 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 cancellation fee assessed.

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.

