

Sport Fit Bowie | Group Swim Lessons

Monday September 30 - Sunday October 27, 2024

Tots, Primary Swim Lessons (30 minutes): Member \$80 | Non-Member \$139

Youth, Teen, Adult Swim Lessons, Summer Survival (40 minutes): Member \$95 | Non-Member \$155

Advanced Youth/Stroke Development (45 minutes): Member \$108 | Non-Member \$169

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

*Register in person or over the phone: **301.262.4553***

Registration closes 24 hrs. before the first class begins. Minimum 3 participants/class.

CLASS	Sunday Oct 6 – Oct 27	Monday Sep 30 – Oct 21	Tuesday Oct 1 – Oct 22	Wednesday Oct 2 – Oct 23	Thursday Oct 3 – Oct 24	Friday Oct 4 – Oct 25	Saturday Oct 5 – Oct 26
Tots 1				11:30a-12:00p Heavenlee			11:30a-12:00p Dan
Tots 2	11:30a-12:00p Dan				4:50p-5:20p Brian		
Primary 1			6:00p-6:30p Brian		5:25p-5:55p Brian		
Primary 2			5:25p-5:55p Brian		6:00p-6:30p Brian	6:00p-6:30p Heavenlee	
Youth 1	12:05p-12:45p Dan		5:15p-5:55p Jelani 6:00p-6:40p Jelani	5:00p-5:40p Heavenlee			12:05p-12:45p Dan
Youth 2			6:45p-7:25p Jelani			6:30p-7:10p Heavenlee	
Youth 3				5:15p-6:00p Tyree			
Adult 1	12:50p-1:30p Dan	6:30p-7:10p Tyree					12:00p-12:40p Shaina
Adult 2	1:35p-2:15p Dan	7:10p-7:50p Phil		7:00p-7:40p Heavenlee		11:15a-11:55a Tyree	12:45p-1:25p Shaina
Advanced Youth/Stroke Development				6:30p-7:15p Tyree	7:15p-8:00p Alexis		

- Swimsuits are required. Swimmers must shower before entering the pool.
- Consult the pre-requisites before registering. If the instructor determines a child is not suited for the class, he/she may
- Classes are held once a week for 4 weeks in our indoor facility and can be held during inclement weather.
- Make-up sessions are not provided for missed classes by the swimmer. Swimmers are not permitted to come on alternate days to make up classes.
- Due to limited slots available, all sales are final, and no refund will be provided unless for medical reasons in which a Dr's note is required. Cancellation requests must be made to the Aquatics Director.
- We do not follow the school system's closings.

Group Swim Lesson Class Descriptions

Aqua Tots 1 (ages 8-30 months) Parents learn how to safely work with their child in the water, including how to appropriately support their child in the water and how to encourage their child to participate fully and try the skills using games and activities. Water safety topics are also included. Child must be accompanied into the water by one adult dressed in a swimsuit prepared to participate in class. Children who are not yet toilet trained are required to wear a swim diaper underneath a swimsuit.

Aqua Tots 2 (ages 24-35 months) Parents and children improve on the skills from Aqua Tots I and learn more advanced skills, developmentally appropriate. Water safety topics are also included. Each child must be accompanied into the water by one adult dressed in a bathing suit prepared to participate in class. Children not yet toilet trained are required to wear a swim diaper underneath a swimsuit.

Primary classes: This preschool program is designed for young children ages 3-5 years who can perform independently; parent participation is not permitted.

Primary 1 (ages 3-5 years) This class uses games and developmentally appropriate activities to teach students in a fun and safe atmosphere. Skills include basic water acclimation, putting face in the water, blowing bubbles, floating and kicking with support. For safety reasons, no goggles are allowed in this class.

Primary 2 (ages 3-5 years) This class uses games and various water activities to teach basic swimming skills such as bobbing, underwater exploration, floating and kicking and basic arm and leg movements for the crawl stroke.

No class at this time - Primary 3 (ages 3-5 years) *This class uses games and activities to teach progressive swimming skills such as the front crawl and elementary backstroke.*

Youth Classes: ages 6-12 years | **Advanced Youth/Stroke Development:** under 17 years | **Adult Classes:** 18 years+

Youth 1 This class is designed to progressively teach swimming skills using games and repetition. Skills include bobbing, underwater exploration, floating, and basic arm, and leg action for front crawl. No goggles are allowed in this class for safety reasons.

Youth 2 This class uses a progressive approach to teach proper mechanics of the front crawl and rhythmic breathing, and backstroke. Breaststroke and treading water will be introduced. Goggles are permitted in this class. Prerequisites: can swim 10 feet on their front and back.

No class at this time - Youth 3 *This class focuses on the proper mechanics of the front crawl, breathing, backstroke, breaststroke, and treading water. Goggles are permitted in this class. Prerequisites: can swim a distance of at least 15 yards unassisted.*

Adult 1 This class is designed to progressively teach swimming skills using games and repetition. Skills include bobbing, underwater exploration, floating, and basic arm, and leg action for front crawl. Goggles are permitted in this class.

Adult 2 This class uses a progressive approach to teach proper mechanics of the front crawl and rhythmic breathing, and backstroke. Breaststroke and treading water will be introduced. Goggles are permitted in this class. Prerequisites: can swim 10 feet on their front and back.

Advanced Youth/Stroke Development (Under 18 years old) This class is designed for students able to swim the length of the pool (25 yards) without assistance. Focus is on refining the front crawl (freestyle), backstroke, and breaststroke. Students will learn diving, starts and turns. Butterfly will be introduced. Goggles are permitted in this class. Prerequisites: 25 yards front crawl, 25 yards back crawl, 25 yards elementary backstroke, 15 yards breaststroke, and 1-minute treading water.