

# SPORT FIT BOWIE

## A Health Club Like No Other

100 Whitemarsh Park Drive, Bowie, MD 20715 (301) 262-4553

Thursday January 2nd - Wednesday January 29th

Below is the upcoming schedule for the January swim lesson session. There is a maximum of 6 participants per class, and a minimum of 2. If a class you signed up for is cancelled we will work to move you to another class from that same level or we will refund you for the session. Please look at the second page for the prices of all group lessons.

CLASS	Sunday Jan 5 - Jan 26	Monday Jan 6- Jan 27	Tuesday Jan 7 - Jan 28	Wednesday Jan 8 - Jan 29	Thursday Jan 2 - Jan 23	Friday Jan 3 - Jan 24	Saturday Jan 4 - Jan 25
Tots 1							11:30-12:00 Dan
Tots 2	11:30-12:00 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 Tracey	
Youth 1	12:05-12:45 Dan						12:05-12:45 Dan
Youth 2						6:30p-7:10p Tracey	
Youth 3				5:15p-6:00p Griffin			
Adult 1	12:50-1:30 Dan						12:00-12:40 Tracey
Adult 2	1:35-2:15 Dan	6:10p-6:50p Phil		7:00p-7:40p Tracey		11:15-11:55 Griffin	12:45-1:25 Tracey
Stroke Development				6:30p-7:15p Griffin	2:30p-3:15p Dan		
Homeschool Beginner					1:30p-2:15p Dan		
Lifeguard Prep					3:30p-4:15p Dan		

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This is our current pricing model for all of the swim lessons. Each session consists of 4 classes with no options for makeup. All lesson purchases are final, there are no refunds or makeup classes. If the participant becomes physically unable to perform in the lesson and has a doctor's note to confirm that, or if the class is cancelled for a week from our end, then we will provide that guest with a credit for however many classes were missed for the next session.

Lesson Type	Lesson Length	Member Lesson Pricing (Per Class)	Non-Member Lesson Price (Per Class)
Tots	30	80	139
Primary	30	80	139
Youth	40	95	155
Adult	45	95	155
Stroke Development	45	108	169
Homeschool Beginner	45	108	169
Lifeguard Prep	45	108	169

The descriptions for the classes are listed on the page below this. These class descriptions will be updated over the course of December and January so that next session there are better and more intricate explanations of each class.

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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. 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.