

# SPORT FIT BOWIE

## A Health Club Like No Other

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

Saturday February 1st - Friday February 28th

CLASS	Sunday Feb 2 - Feb 23	Monday Feb 3 - Feb 24	Tuesday Feb 4 - Feb 25	Wednesday Feb 5 - Feb 26	Thursday Feb 6 - Feb 27	Friday Feb 7 - Feb 28	Saturday Feb 1 - Feb 22
Aqua Babies							
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		9:00a-9:30a Lindsay
Primary 2			5:25p-5:55p Brian		6:00p-6:30p Brian	5:30p-6:00p 6:00p-6:30p Tracey	9:40a-10:10a Lindsay
Primary 3							10:20a-10:50a Lindsay
Youth 1	12:05-12:45 Dan		5:00-5:40 Griffin				9:00a-9:40a Kolbe
Youth 2			5:45-6:25 Griffin			5:00p-5:30p 6:30p-7:10p Tracey	9:45a-10:25a Kolbe
Youth 3			6:30-7:10 Griffin	4:40p-5:20p Griffin			10:30a-11:10a Kolbe
Youth 4				5:25p-6:05p Griffin			
Youth 5				6:10p-6:50p Griffin			
Adult 1	12:50-1:35 Dan			1:00p-1:45p Griffin	12:00-12:45 Griffin		12:00-12:45 Tracey
Adult 2		6:10p-6:50p Phil			12:50-1:35p Griffin		
Stroke Proficiency				6:55p-7:40p Griffin	2:30p-3:15p Dan		
Homeschool Beginner					1:30p-2:15p Dan		
Lifeguard Prep					3:30p-4:15p Dan		

# **SPORT FIT BOWIE**

## **A Health Club Like No Other**

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

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 Session)	Non-Member Lesson Price (Per Session)
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.

# SPORT **FIT** BOWIE

## A Health Club Like No Other

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

### Aqua Babies (0 - 12 Months)

#### Requirements:

- Parents must be in the water, with a bathing suit on, and actively participating with their child

#### Class Goals:

- Get the child comfortable with the water
- Teach the child to get their head and face partially in the water and blow bubbles
- Give all parents water safety knowledge for their children

### Aqua Tots 1 (8 - 24 Months)

#### Requirements:

- Parents must be in the water, with a bathing suit on, and actively participating with their child

#### Class Goals:

- Get the child's head in the water and begin glides
- Teach them the ability to exit and enter the pool with assistance
- Give all parents water safety knowledge for their children

### Aqua Tots 2 (18 - 36 Months)

#### Requirements:

- Parents must be in the water, with a bathing suit on, and actively participating with their child
- Children must be able to get in the water without panicking

#### Class Goals:

- Teach children to exit and enter the pool without assistance
- Begin working on more front and back glides with kicks
- Get the child to jump into the pool and then make it back to the wall

### Primary 1

# SPORT **FIT** BOWIE

## A Health Club Like No Other

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

### (3 - 6 Years)

#### Requirements:

- Child must be able to enter the pool without a parent

#### Class Goals:

- Be able to front and back float independently
- Exit and enter independently
- Perform front and back glide with kicks while assisted

### Primary 2 (3 - 6 Years)

#### Requirements:

- Child must be able to float independently
- Child must be able to glide and kick assisted

#### Class Goals:

- Glide and kick without any assistance
- Begin arm movement for freestyle and backstroke
- Begin treading

### Primary 3 (3 - 6 Years)

#### Requirements:

- Basic understanding of the freestyle and backstroke
- Ability to tread for 15 seconds

#### Class Goals:

- Swim 15 yards of freestyle and backstroke
- Begin rotary breathing
- Begin sitting dives

### Youth 1

# SPORT **FIT** BOWIE

## A Health Club Like No Other

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

### (7 - 12 Years)

Requirements:	Class Goals:
<ul style="list-style-type: none"><li>• Must be able to enter the water without parental guidance</li></ul>	<ul style="list-style-type: none"><li>• Be able to float and glide, front and back, without assistance</li><li>• Begin working on arm movement for freestyle and backstroke</li></ul>

### Youth 2 (7 - 12 Years)

Requirements:	Class Goals:
<ul style="list-style-type: none"><li>• Basic understanding of the freestyle and backstroke</li></ul>	<ul style="list-style-type: none"><li>• Swim 15 yards of freestyle and backstroke</li><li>• Begin rotary breathing</li><li>• Begin sitting dives</li><li>• Begin treading</li></ul>

### Youth 3 (7 - 12 Years)

Requirements:	Class Goals:
<ul style="list-style-type: none"><li>• Swim 15 yards of freestyle and backstroke</li><li>• Tread for 15 seconds</li><li>• Be able to do a sitting dive</li></ul>	<ul style="list-style-type: none"><li>• Swim 25 yards of freestyle and backstroke</li><li>• Begin breaststroke kick</li><li>• Start kneeling dives</li></ul>

### Youth 4 (7 - 12 Years)

Requirements:	Class Goals:
<ul style="list-style-type: none"><li>• Swim 25 yards of freestyle and backstroke</li><li>• Ability to do a kneeling dive</li><li>• Tread for 30 seconds</li></ul>	<ul style="list-style-type: none"><li>• Swim 50 yards continuously</li><li>• Swim 25 yards of breast stroke</li><li>• Do a standing dive into a 25</li></ul>

# SPORT FIT BOWIE

## A Health Club Like No Other

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

<b>Youth 5 (7 - 12 Years)</b>	
<b>Requirements:</b>	<b>Class Goals:</b>
<ul style="list-style-type: none"><li>• Swim 50 yards</li><li>• Have knowledge on backstroke, freestyle, and breast stroke</li><li>• Standing dive</li></ul>	<ul style="list-style-type: none"><li>• Swim 100 yards continuously</li><li>• Tread water for 2 minutes</li><li>• Begin the butterfly kick</li></ul>

<b>Advanced Stroke Development (7 - 18 Years)</b>	
<b>Requirements:</b>	<b>Class Goals:</b>
<ul style="list-style-type: none"><li>• The ability to swim a 50 of freestyle, backstroke, breaststroke, and butterfly kick</li><li>• Standing dive</li></ul>	<ul style="list-style-type: none"><li>• Gain the ability to swim a 200</li><li>• Learn the arms for butterfly</li><li>• Learn the IM order</li></ul>

<b>Teen/Adult 1 (13 - 100 Years)</b>	
<b>Requirements:</b>	<b>Class Goals:</b>
<ul style="list-style-type: none"><li>• The ability to get into the water</li></ul>	<ul style="list-style-type: none"><li>• Get comfortable floating on front and back</li><li>• Learn front and back glides</li><li>• Learn how to kick and the basics of arm movements</li></ul>

<b>Teen/Adult 2 (13 - 100 Years)</b>	
<b>Requirements:</b>	<b>Class Goals:</b>
<ul style="list-style-type: none"><li>• Be able to float on your back for 5 seconds</li><li>• Flutter kick for 10 yards</li></ul>	<ul style="list-style-type: none"><li>• Learn how to do freestyle and backstroke for 15 yards</li><li>• Learn deepwater treading</li><li>• Go through the resting strokes</li></ul>