

SPORT FIT BOWIE

A Health Club Like No Other

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

Saturday March 1st - Friday March 28th

CLASS	Sunday Mar 2 - Mar 23	Monday Mar 3 - Mar 24	Tuesday Mar 4 - Mar 25	Wednesday Mar 5 - Mar 26	Thursday Mar 6 - Mar 27	Friday Mar 7 - Mar 28	Saturday Mar 1 - Mar 22
Aqua Babies							12:05-12:35 Dan
Tots 1							11:30-12:00 Dan
Tots 2	11:30-12:00 Dan						
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			5:00-5:40 Griffin				9:00a-9:40a Kolbe
Youth 2	12:05-12:45 Dan		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			9:00-9:40 Griffin
Youth 5				6:10p-6:50p Griffin			9:45-10:25 Griffin
Teen/Adult 1	12:50-1:35 Dan			1:00p-1:45p Griffin	12:00-12:45 Griffin	10:15-11:00 Kayode	12:00-12:45 Tracy
Teen/Adult 2		6:10p-6:50p Phil			12:50-1:35p Griffin	11:05-11:50 Kayode	
Stroke Proficiency				6:55p-7:40p Griffin			10:30-11:10 Griffin
Homeschool Beginner					1:30p-2:15p Dan		
Instructor Led Swim						7:00a-8:00a Griffin	

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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	Ages	Amount of Lessons per Session	Lesson Length (Minutes)	Member Lesson Pricing (Per Month)	Non-Member Lesson Price (Per Month)
Babies/Tots	0-36 Months	4	30	80	139
Primary	3-6 Years	4	30	80	139
Youth	7-12 Years	4	40	95	155
Teen/Adult	13-100 Years	4	45	95	155
Stroke Proficiency	7-18 Years	4	45	108	168
Homeschool Beginner	3-12 Years	4	45	108	168
Instructor Led Swim	18-100 Years	4	45	108	168

Each price listed above is the entire price paid for a month-long session of swim lessons.

The descriptions for the classes are listed on the page below this.

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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

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Primary 1 (3 - 6 Years)	
Requirements:	Class Goals:
<ul style="list-style-type: none">• Child must be able to enter the pool without a parent	<ul style="list-style-type: none">• 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:	Class Goals:
<ul style="list-style-type: none">• Child must be able to float independently• Child must be able to glide and kick assisted	<ul style="list-style-type: none">• Glide and kick without any assistance• Begin arm movement for freestyle and backstroke• Begin treading

Primary 3 (3 - 6 Years)	
Requirements:	Class Goals:
<ul style="list-style-type: none">• Basic understanding of the freestyle and backstroke• Ability to tread for 15 seconds	<ul style="list-style-type: none">• Swim 15 yards of freestyle and backstroke• Begin rotary breathing• Begin sitting dives

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Youth 1 (7 - 12 Years)	
Requirements:	Class Goals:
<ul style="list-style-type: none">• Must be able to enter the water without parental guidance	<ul style="list-style-type: none">• Be able to float and glide, front and back, without assistance• Begin working on arm movement for freestyle and backstroke• Begin treading

Youth 2 (7 - 12 Years)	
Requirements:	Class Goals:
<ul style="list-style-type: none">• Basic understanding of the freestyle and backstroke	<ul style="list-style-type: none">• Swim 15 yards of freestyle and backstroke• Begin rotary breathing• Begin sitting dives

Youth 3 (7 - 12 Years)	
Requirements:	Class Goals:
<ul style="list-style-type: none">• Swim 15 yards of freestyle and backstroke• Tread for 15 seconds• Be able to do a sitting dive	<ul style="list-style-type: none">• Swim 25 yards of freestyle and backstroke• Begin breaststroke kick• Start kneeling dives

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Youth 4 (7 - 12 Years)

Requirements:

- Swim 25 yards of freestyle and backstroke
- Ability to do a kneeling dive
- Tread for 30 seconds

Class Goals:

- Swim 50 yards continuously
- Swim 25 yards of breast stroke
- Do a standing dive into a 25

Youth 5 (7 - 12 Years)

Requirements:

- Swim 50 yards
- Have knowledge on backstroke, freestyle, and breast stroke
- Standing dive

Class Goals:

- Swim 100 yards continuously
- Tread water for 2 minutes
- Begin the butterfly kick

Stroke Proficiency (7 - 18 Years)

Requirements:

- The ability to swim a 50 of freestyle, backstroke, breaststroke, and butterfly kick
- Standing dive

Class Goals:

- Gain the ability to swim a 200
- Learn the arms for butterfly
- Learn the IM order

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Teen/Adult 1 (13 - 100 Years)

Requirements:

- The ability to get into the water

Class Goals:

- Get comfortable floating on front and back
- Learn front and back glides
- Learn how to kick and the basics of arm movements

Teen/Adult 2 (13 - 100 Years)

Requirements:

- Be able to float on your back for 5 seconds
- Flutter kick for 10 yards

Class Goals:

- Learn how to do freestyle and backstroke for 15 yards
- Learn deepwater treading
- Go through the resting strokes

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