

# SPORT FIT BOWIE

## A Health Club Like No Other

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

Saturday April 1st - Friday April 28th

Refer a friend that hasn't taken lessons here before for both of you to receive 5% off!

CLASS	Sunday Apr 6 - Apr 27	Monday Apr 7 - Apr 28	Tuesday Apr 1 - Apr 22	Wednesday Apr 2 - Apr 23	Thursday Apr 3 - Apr 24	Friday Apr 4 - Apr 25	Saturday Apr 5 - Apr 26
Aqua Babies (0-12 Months)			5:00-5:30 Marilyn				12:05-12:35 Dan
Tots 1 (8-24 Months)			5:35-6:05 Marilyn				11:30-12:00 Dan
Tots 2 (18-36 Months)	11:30-12:00 Dan		6:10-6:40 Marilyn				
Primary 1 (3-6 Years)			6:00p-6:30p Brian		5:25p-5:55p Brian		9:00a-9:30a Lindsay ----- 12:00-12:30 Heavenlee
Primary 2 (3-6 Years)			5:25p-5:55p Brian	5:00-5:30 Heavenlee	6:00p-6:30p Brian	6:00p-6:30p Tracey	9:40a-10:10a Lindsay ----- 12:35-1:05 Heavenlee
Primary 3 (3-6 Years)				Heavenlee 5:30-6:00			10:20a-10:50a Lindsay
Youth 1 (7-12 Years)		5:00-5:40 Marilyn	5:00-5:40 Griffin	4:40p-5:20p Kolbe			9:00a-9:40a Kolbe ----- 1:10-1:50 Heavenlee
Youth 2 (7-12 Years)	12:05-12:45 Dan	5:45-6:25 Marilyn	5:45-6:25 Griffin	5:25p-6:05p Kolbe		6:30p-7:10p Tracey	9:45a-10:25a Kolbe
Youth 3 (7-12 Years)	11:00-11:40 Sergei	6:30-7:10 Marilyn	6:30-7:10 Griffin	6:10p-6:50p Kolbe			10:30a-11:10a Kolbe
Youth 4 (7-12 Years)	11:45-12:25 Sergei			4:40p-5:20p Griffin			9:00-9:40 Griffin
Youth 5 (7-12 Years)	12:30-1:10 Sergei			5:25p-6:05p Griffin			9:45-10:25 Griffin
Stroke Proficiency (7-18 Years)				6:10p-6:50p Griffin			10:30-11:10 Griffin
Teen/Adult 1 (13-100 Years)	12:50-1:35 Dan		12:00-12:45 Jacob	1:00p-1:45p Griffin	12:00-12:45 Griffin	10:15-11:00 Kayode	12:00-12:45 Tracy
Teen/Adult 2 (13-100 Years)		6:10p-6:50p Phil	12:50-1:35 Jacob	6:00-6:45 Heavenlee	12:50-1:35p Griffin	11:05-11:50 Kayode	
After School (7-12 Years)			<b>Beginner</b> 2:30-3:10 Griffin	<b>Intermediate</b> 2:30-3:10 Griffin	<b>Advanced</b> 2:30-3:10 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

### Swim Lesson Descriptions:

**Aqua Babies (0-12 Months):** The infants will get time to get acclimated and used to moving through the water while the parents learn valuable safety topics.

**Aqua Tots 1 (8-24 Months):** Toddlers will get the chance to continue mastering their floats, kicks, and overall comfort level in the water, with their parents' assistance.

**Aqua Tots 2 (18-36 Months):** Toddlers will learn to do more movements in the water with less parental guidance in order to get them more prepared for swim classes without their parents' assistance.

**Primary 1 (3-6 Years):** The child will start to learn how to float and exit the pool independently while also doing assisted front and back glides to begin getting used to the freestyle and backstroke motions.

**Primary 2 (3-6 Years):** The child will be able to kick from one side of the smaller pool to the other with little assistance from the instructor as well as the arm movement for the freestyle and backstroke

**Primary 3 (3-6 Years):** The child will be able to do a basic version of both the freestyle and backstroke along with more introduction to deep water through treading and diving.

**Youth 1 (7-12 Years):** The child will learn the basics of freestyle and backstroke through floats, glides, and kicks with instructor assistance if needed.

**Youth 2 (7-12 Years):** The child will begin the arm movements for freestyle and backstroke with the goal of being able to swim 15 yards, as well as an introduction to rotary breathing.

**Youth 3 (7-12 Years):** The child will learn how to swim the full length of the pool with freestyle and backstroke, along with deep water introduction through treading and diving.

**Youth 4 (7-12 Years):** The child will begin focusing on learning the breaststroke and increasing their endurance so that they can swim 50 yards.

**Youth 5 (7-12 Years):** The child will be focusing mostly on endurance by increasing their max swim length to 100 yards and their tread time to 2 minutes.

**Stroke Proficiency (7-18 Years):** The child will focus on doing longer distance swims and making minor tweaks to their form in order to make them move through the water as efficiently as possible.

**Teen/Adult 1 (13-100 Years):** The student will focus on getting comfortable with fully submerging themselves underwater and learn the basics of either the freestyle or backstroke.

**Teen/Adult 2 (13-100 Years):** The student will put a heavier focus on attempting to move from one side of the pool to the other without stopping so that they can swim and tread in deeper water

**Instructor Led Swim (13-100 Years):** The instructor will write workout sets for the students to complete and will critique when necessary.

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