



LEARN-TO-SWIM GROUP CLASSES

Call 301.262.4553 or 410.741.1355 or come see us at the Front Desk

Address: 1000 Whitmarsh Park Drive, Bowie, MD

RATES		MEMBER	NONMEMBER
4	30-minute	\$80	\$139
4	40-minute	\$95	\$155

Each Swim Session includes 4 classes. All lesson purchases are final – there are no refunds or makeup classes. If a participant becomes physically unable to continue and provide a doctor's note, OR if a class is cancelled for any reason, a credit will be issued for the missed class to be applied to the next session. You may join the session for a prorated amount for any classes missed prior to registration.

30-Minute Swim Classes

Aqua Tots *ages 1 - 4*

Interactive Parent Child Swimming: Toddlers build confidence, practice floats, kicks, & water comfort with the support of parents.

Primary 1 *ages 3 - 6*

Introduction to Water Skills: Skills are performed with assistance, while encouraging the beginning of independent locomotion skills.

PREREQUISITES: Comfortable in the water and able to follow verbal instructions

Primary 2 *ages 3 - 6*

Introduction to Independent Water Comfort: Build water comfort while learning breath control, floating & kicking with assistance

PREREQUISITES: Fully Submerge underwater

40-Minute Classes

Youth 1 *ages 6 - 12*

Introduction to Independent Water Skills: Learn elementary aquatic skills like breath control, floating & kicking with water comfort.

PREREQUISITES: Comfortable in the water and able to follow verbal instructions

Youth 2 *ages 6 - 12*

Stroke Development: Learn to swim 20-25 ft. and the beginning stroke development for Freestyle & Backstroke.

PREREQUISITES: Fully submerge underwater, Front & Back Float with forward momentum kick

Youth 3 *ages 6 - 12*

Stroke Development: Continue to develop Freestyle and Backstroke. Will be introduced to breaststroke

PREREQUISITES: Swim Freestyle and Backstroke 10 yards independently.

Youth 4 *ages 6 - 12*

Stroke Improvement: Build Endurance while improving technique in Freestyle, Backstroke & Breaststroke. Introduction to Butterfly.

PREREQUISITES: Swim 25 yards of Freestyle with side breathing, Backstroke and Breaststroke independently.

Youth 5 *ages 6 - 12*

Stroke Endurance: Build Endurance while improving technique in Freestyle, Backstroke, Breaststroke & Butterfly.

PREREQUISITES: Swim 25 yards of Freestyle with side breathing, Backstroke, Breaststroke and Butterfly independently.

Adult Group 1 *ages 16+*

Introduction to Swimming: Build water comfort while learning breath control, front & back floating and kicking independently.

PREREQUISITES: Comfortable going underwater

Adult Group 2 *ages 16+*

Stroke Development: Independent kicking & arm mechanics. The focus of this class is combining kicking with breathing.

PREREQUISITES: 10 second Front Float & 20 second Back Float

Adult Group 3 *ages 16+*

Stroke Improvement: Build endurance and efficiency with Freestyle & Backstroke

PREREQUISITES: 15 yards of freestyle

MARCH 2026

4-Week Learn-to-Swim Schedule: Classes Meet 1 time per week

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
March 1, 8, 15, 22	March 2, 9, 16, 23	March 3, 10, 17, 24	March 4, 11, 18, 25	March 5, 12, 19, 26	March 6, 13, 20, 27	March 7, 14, 21, 28
11:30 – 12:00 P Aqua Tots Age 1- 4 w/ Lauren		4:30 – 5:00 P Primary 1 Age 3-6 w/ Nora				9:00 – 9:30 A Primary 1 w/ Lindsay
12:00 – 12:30 P Primary 1 Age 3-6 w/ Lauren	5:00 – 5:40 P Youth 3 Age 6-12 w/ Lauren	5:00 – 5:30 P Primary 2 Age 3-6 w/ Nora		5:00 – 5:40 P Youth 1 Age 6-12 w/ Lauren		9:00 – 9:40 A Youth 2 w/ Sergei
12:35 – 1:05 P Primary 2 Age 3-6 w/ Lauren		5:30 – 6:10 P Youth 4 Age 6-12 w/ Aidan	5:30 – 6:10 P Adult 1 Age 16+ w/ Phil	5:30 – 6:00 P Primary 2 Age 3-6 w/ Hetty		9:35 – 10:05 A Primary 2 w/ Lindsay
		6:30 – 7:10 P Youth 3 Age 6-12 w/ Lauren	5:45 – 6:25 P Youth 2 Age 6-12 w/ Lauren	5:45 – 6:25 P Youth 2 Age 6-12 w/ Lauren & Aidan	6:05 – 6:45 P Adult 2 Age 16+ w/ Brittany	10:10 – 10:50 A Youth 1 w/ Lindsay
		7:15 – 7:55 P Adult 2 Age 16+ w/ Phil				10:30 – 11:10 A Youth 3 w/ Sergei
						11:15 – 11:55 A Youth 4 w/ Sergei
					6:45 – 7:25 P Adult 1 Age 16+ w/ Brittany	12:00 – 12:40 P Youth 5 w/ Sergei
						1:00 – 1:30 P Primary 1 w/ Brittany
						1:30 – 2:00 P Primary 2 w/ Brittany
						2:00 – 2:30 P Aqua Tots w/ Brittany

- There are no make-up classes or refunds if a class is missed for our group swim programs.
- A minimum enrollment of 2 participants required per group class. Classes may be cancelled if enrollment is not met 24 hours prior to class start date.
- Classes are held once per week for 4 weeks in our indoor facility and can be held during inclement weather. We do not follow the school system's closings. If in doubt, please call 301.262.4553