

# APRIL 2026

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>April</i> 12, 19, 26, 5/3	<i>April</i> 13, 20, 27, 5/4	<i>April</i> 7, 14, 21, 28	<i>April</i> 8, 15, 22, 29	<i>April</i> 9, 16, 23, 30	<i>April</i> 10, 17, 24, 5/1	<i>April</i> 11, 18, 25, 5/2
<b>11:30 – 12:00 P</b> <b>Aqua Tots</b> Age 1- 4 w/ Lauren	<b>4:15 – 4:55 P</b> <b>Youth 1</b> Age 6-12 w/ Lauren	<b>5:00 – 5:30 P</b> <b>Primary 2</b> Age 3-6 w/ Nora	<b>3:00 – 3:40 P</b> <b>Adult 2</b> Age 16+ w/ Mike	<b>5:00 – 5:40 P</b> <b>*Youth 1*</b> Age 6-12 <b>**FULL**</b>		<b>8:15 – 8:55 A</b> <b>Adult 1</b> w/ Sergei
<b>12:00 – 12:30 P</b> <b>Primary 1</b> Age 3-6 w/ Lauren	<b>5:00 – 5:40 P</b> <b>Youth 3</b> Age 6-12 w/ Lauren	<b>5:30 – 6:00 P</b> <b>Primary 1</b> Age 3-6 w/ Hetty	<b>5:30 – 6:10 P</b> <b>Adult 1</b> Age 16+ w/ Phil	<b>5:15 – 5:55 P</b> <b>Youth 2</b> Age 6-12 w/ Aidan		<b>9:00 – 9:30 A</b> <b>Primary 1</b> w/ Lindsay
<b>12:35 – 1:05 P</b> <b>Primary 2</b> Age 3-6 w/ Lauren		<b>5:30 – 6:10 P</b> <b>Youth 4</b> Age 6-12 w/ Aidan	<b>5:45 – 6:25 P</b> <b>Youth 2</b> Age 6-12 w/ Lauren	<b>5:30 – 6:00 P</b> <b>*Primary 2*</b> Age 3-6 <b>**FULL**</b>	<b>6:05 – 6:45 P</b> <b>Adult 2</b> Age 16+ w/ Brittany	<b>9:00 – 9:40 A</b> <b>Youth 1</b> w/ Sergei
		<b>6:30 – 7:10 P</b> <b>Youth 3</b> Age 6-12 w/ Lauren	<b>5:45 – 6:25 P</b> <b>Youth 3</b> Age 6-12 w/ Mike	<b>5:45 – 6:25 P</b> <b>Youth 2</b> Age 6-12 w/ Lauren	<b>6:45 – 7:25 P</b> <b>Adult 1</b> Age 16+ w/ Brittany	<b>9:35 – 10:05 A</b> <b>Primary 2</b> w/ Lindsay
		<b>7:15 – 7:55 P</b> <b>Adult 2</b> Age 16+ w/ Phil		<b>6:00 – 6:40 P</b> <b>Youth 3</b> Age 6-12 w/ Aidan		<b>9:45 – 10:25 A</b> <b>Youth 2</b> w/ Sergei
				<b>6:30 – 7:00 P</b> <b>Primary 1</b> Age 3-6 w/ Jamie		<b>10:10 – 10:50 A</b> <b>*Youth 1*</b> <b>**FULL**</b>
						<b>10:30 – 11:10 A</b> <b>Youth 3</b>
						<b>11:15 – 11:55 A</b> <b>Youth 4</b>
						<b>12:00 – 12:40 P</b> <b>Youth 5</b> w/ Sergei
						<b>12:45 – 1:25 P</b> <b>Adult 1</b> w/ Sergei
						<b>1:00 – 1:30 P</b> <b>Primary 1</b>
						<b>1:30 – 2:00 P</b> <b>Primary 2</b>
						<b>2:00 – 2:30 P</b> <b>Aqua Tots</b> w/ Brittany
						<b>2:15 – 2:40 P</b> <b>Youth 2</b>
						<b>3:00 – 3:40 P</b> <b>Youth 3</b> w/ Sergei

- 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



# LEARN-TO-SWIM GROUP CLASSES

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

**Address:** 1000 Whitemarsh 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