

MAY 2026

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10, 17, 24, 31	11, 18, 25, 6/1	5, 12, 19, 26	6, 13, 20, 27	7, 14, 21, 28	8, 15, 22, 29	9, 16, 23, 30
11:30 – 12:00 P Aqua Tots Age 1- 4 w/ Lauren			3:00 – 3:40 P Adult 1&2 Age 16+ w/ Mike			*8:15 – 8:55 A Adult 1 w/ Sergei CLASS FULL
12:00 – 12:30 P Primary 1 Age 3-6 w/ Lauren	4:15 – 4:55 P Youth 1 Age 6-12 w/ Lauren					9:00 – 9:30 A Primary 1 w/ James
*12:35 – 1:05 P Primary 2 Age 3-6 w/ Lauren CLASS FULL	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 1 w/ Sergei
		5:30 – 6:00 P Primary 1 Age 3-6 w/ Hetty	5:30 – 6:10 P Adult 1 Age 16+ w/ Phil	5:15 – 5:55 P Youth 2 Age 6-12 w/ Aidan		9:35 – 10:05 A Primary 2 w/ James
		5:30 – 6:10 P Youth 4 Age 6-12 w/ Aidan	5:45 – 6:25 P Youth 2 Age 6-12 w/ Lauren	5:30 – 6:00 P Primary 2 Age 3-6 w/ Hetty	6:05 – 6:45 P Adult 2 Age 16+ w/ Brittany	9:45 – 10:25 A Youth 2 w/ Sergei CLASS FULL
		6:30 – 7:10 P Youth 3 Age 6-12 w/ Lauren	5:45 – 6:25 P Youth 3 Age 6-12 w/ Mike	5:45 – 6:25 P Youth 2 Age 6-12 w/ Lauren	6:45 – 7:25 P Adult 1 Age 16+ w/ Brittany	10:10 – 10:50 A Youth 1 w/ James
		7:15 – 7:55 P Adult 2 Age 16+ w/ Phil		6:00 – 6:40 P Youth 3 Age 6-12 w/ Aidan		10:30 – 11:10 A Youth 3
		8:00 – 8:40 P Adult 1 Age 16+ w/ Nora				11:15 – 11:55 A Youth 4 w/ Sergei
						1:00 – 1:30 P Primary 1
						1:30 – 2:00 P Primary 2 w/ Brittany CLASS FULL
						1:30 – 2:10 P Adult 2 w/ Sergei
						2:00 – 2:30 P Aqua Tots w/ Brittany
						2:15 – 2:40 P Youth 2
						3:00 – 3:40 P Youth 3 w/ Sergei

- There are no make-up classes or refunds if a class is missed for our group swim programs.
- 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