



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

Primary 3 ages 3 - 6

Stroke Development: Focus on Freestyle & Backstroke fundamentals including coordinating arm and leg movement with breathing.

PREREQUISITES: Front and Back Float with forward momentum kick

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

JULY 2026

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5, 12, 19, 26	6, 13, 20, 27	7, 14, 21, 28	8, 15, 22, 29	9, 16, 23, 30	10, 17, 24, 31	11, 18, 25, 8/1
ASK ABOUT SCHOOL of FISH with Mr. James SUNDAYS ONLY	4:45 – 5:25 P Youth 1 Age 6-12 w/ Lauren					8:15 – 8:55 A Adult 1 w/ Sergei 9:00 – 9:30 A Primary 1 w/ James 9:00 – 9:40 A Youth 1 w/ Sergei 9:35 – 10:05 A Primary 2 w/ James 9:45 – 10:25 A Youth 2 w/ Sergei 10:10 – 10:50 A Youth 1 w/ James 10:30 – 11:10 A Youth 3 w/ Sergei 10:55 – 11:35 A Youth 2 w/ James 11:00 – 11:30 A Primary 1 w/ Brittany 11:15 – 11:55 A Youth 4 w/ Sergei 11:30 – 12:00 P Primary 2 w/ Brittany 1:00 – 1:40 P Youth 1 w/ Brittany 1:30 – 2:10 P Adult 2 2:15 – 2:55 P Youth 2 3:00 – 3:40 P Youth 3 w/ Sergei
	5:30– 6:10 P Youth 3 Age 6-12 w/ Lauren	5:30 – 6:00 P Aqua Tots Age 3-6 w/ Lauren			5:00 – 5:40 P Youth 1 Age 6-12 w/ Lauren	
			5:30 – 6:00 P Primary 1 Age 3-6 w/ Hetty	5:30 – 6:10 P Adult 1 Age 16+ w/ Phil	5:30 – 6:00 P Primary 2 Age 3-6 w/ Hetty	
			5:30 – 6:10 P Youth 4 Age 6-12 w/ Aidan	5:45 – 6:25 P Youth 2 Age 6-12 w/ Lauren	5:45 – 6:25 P Youth 2 Age 6-12 w/ Lauren	
			6:30 – 7:10 P Youth 3 Age 6-12 w/ Lauren		7:00 – 7:40 P Adult 1 Age 16+ w/ Heavenlee	6:05 – 6:45 P Adult 1 Age 16+ w/ Brittany
			7:15– 7:55 P Adult 3 Age 16+ w/ Phil			6:45 – 7:25 P Adult 2 Age 16+ w/ Brittany

- 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

ACCELERATED LEARN-TO-SWIM SESSIONS

2-Week Learn-to-Swim Schedule: Classes Meet 2 times per week

	MONDAY & WEDNESDAY	TUESDAY & THURSDAY	WEDNESDAY & SATURDAY
		6/23, 6/25, 6/30, 7/2	
	7/6, 7/8, 7/13, 7/15	7/7, 7/9, 7/14, 7/16	7/8, 7/11, 7/15, 7/18
<p>RATES Member: \$80 Nonmember: \$139 *(4) 30-Minute Classes</p>	<p>5:15 – 5:45 P Youth 1 5:45 – 6:15 P Youth 2 6:15 – 6:45 P Youth 3 w/ David</p>	<p>5:00 – 5:30 P Primary 1 5:30 – 6:00 P Youth 1 6:00 – 6:30 P Youth 2 w/ Brittany 6:15 – 6:45 P Youth 3 w/ Aidan 6:30 – 7:00 P Adult 1 7:00 – 7:30 P Adult 2 w/ Brittany</p>	<p>11:30 – 12:00 P Aqua Tots w/ Heavenlee</p>

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY		
	6/29	6/30	7/1	7/2		
<p>RATES Member: \$80 Nonmember: \$139 *(4) 30-Minute Classes</p>	<p>5:30 – 6:00 P Stroke Proficiency w/ Heavenlee</p>	<p>5:30 – 6:00 P Stroke Proficiency w/ Heavenlee</p>	<p>5:30 – 6:00 P Stroke Proficiency w/ Heavenlee</p>	<p>5:30 – 6:00 P Stroke Proficiency w/ Heavenlee</p>		
	MONDAY	TUESDAY		THURSDAY	FRIDAY	
	7/20	7/21		7/22	7/23	
<p>RATES Member: \$80 Nonmember: \$139 *(4) 30-Minute Classes</p>	<p>5:15 – 5:45 P Youth 1 5:45 – 6:15 P Youth 2 6:15 – 6:45 P Youth 3 w/ David</p>	<p>5:15 – 5:45 P Youth 1 5:45 – 6:15 P Youth 2 6:15 – 6:45 P Youth 3 w/ David</p>		<p>5:15 – 5:45 P Youth 1 5:45 – 6:15 P Youth 2 6:15 – 6:45 P Youth 3 w/ David</p>	<p>5:15 – 5:45 P Youth 1 5:45 – 6:15 P Youth 2 6:15 – 6:45 P Youth 3 w/ David</p>	

- There are no make-up classes or refunds if a class is missed for our group swim programs.
- All classes are 30-minutes