

SEPTEMBER 2026

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

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

- 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



LEARN-TO-SWIM GROUP CLASSES

Call 301.262.4553 or 410.741.1355 or 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
<i>Each Swim Session includes four 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.</i>			

30-Minute Swim Classes

Aqua Tots *age 1 - 4*

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

Primary 1 *age 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 *age 3 - 6*

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

PREREQUISITES: Fully Submerge underwater

Primary 3 *age 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 *age 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 *age 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 *age 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 *age 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 *age 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 *age 16+*

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

PREREQUISITES: Comfortable going underwater

Adult Group 2 *age 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 *age 16+*

Stroke Improvement: Build endurance and efficiency with Freestyle & Backstroke

PREREQUISITES: 15 yards of freestyle