SPORT FIT BOWIE
A Health Club Like No Other

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
6	Swim Team	$120 - $360	$150 - $450

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.

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 aqua c 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.

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

45-Minute / 1-Hour Practices

SWIM TEAM *non-competitive age 5-17*

Stroke Refinement & Endurance: Consistent, off-season training designed to build advanced techniques and sustain endurance
PREREQUISITES: Swim 50 yards continuously

UPDATED December 2026

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6, 13, 20, 27	11/30, 7, 14, 21	1, 8, 15, 22	2, 9, 16, 23	3, 10, 17, 1/7	4, 11, 18, 1/8	5, 12, 19, 26
		5:30 – 6:00 P **Primary 1** Age 3-6 w/ Hetty 5:30 – 6:10 P **Youth 4** Age 6-12 w/ Maya 6:00 – 6:30 P **Primary 2** Age 3-6 w/ Hetty 6:15– 7:15 P **Swim Team Non-Competitive** Ages 5-17 w/ Phil			6:15– 7:15 P **Swim Team Non-Competitive** Ages 5-17 w/ Lindsay 7:30 – 8:10 P **Adult 1** Age 16+ w/ Heavenlee 8:10 – 8:50 P **Adult 2** Age 16+ w/ Heavenlee		9:00 – 9:40 A **Adult 1** w/ Sergei 9:00 – 9:30 A **Aqua Tots** w/ Heavenlee 9:30 – 10:00 A **Primary 1** w/ TBD 9:30 – 10:30 A **Swim Team Non-Competitive** w/ Phil 9:45 – 10:25 A **Youth 2** w/ Sergei 10:30 – 11:10 **Youth 3** w/ Sergei 11:15 – 11:55 **Youth 4** w/ Sergei

2 Week Accelerated Schedule: Classes Meet 2 times per week

Monday & Wednesday	Tuesday & Thursday	Wednesday & Thursday
11/30, 12/2, 12/7, 12/9	12/1, 12/3, 12/8, 12/10	12/2,12/9 | 12/3,12/10
5:15 – 5:55 P **Youth 1** w/ Lauren 6:30 – 7:10 P **Youth 3** w/ Lauren	5:30 – 6:00 P **Aqua Tots** w/ Lauren 6:30 – 7:10 P **Youth 2** w/ Lauren	(12/2,12/9) 5:30 – 6:00 P **Primary 2** & (12/3, 12/10) 5:00 – 5:30 P **Primary 2** w/ Heavenlee

- 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