

SESSION #1 2020 (January 3 - April 5)

Wednesday	Friday	Saturday	Sunday
1/8	1/10	1/11	1/12
1/15	1/17	1/18	1/19
1/22	1/24	1/25	1/26
1/29	1/31	2/1	2/2
2/5	2/7	2/8	2/9
2/12	2/14	2/15	2/16
2/19	2/21	2/22	2/23
2/26	2/28	2/29	3/1
3/4	3/6	3/7	3/8
3/11	3/13	3/14	3/15
3/18	3/20	3/21	3/22
3/25	3/27	3/28	3/29
M/U 4/1	M/U 4/3	M/U 4/4	M/U 4/5

FOR SESSION #2 2020 ENROLLMENT:

Priority Enrollment Starts Wednesday 2/26/2020
Open Enrollment Starts Wednesday 3/4/2020

SESSION #2 2020 (April 15 - July 12)

Wednesday	Friday	Saturday	Sunday
4/15	4/17	4/18	4/19
4/22	4/24	4/25	4/26
4/29	5/1	5/2	5/3
5/6	5/8	5/9	5/10
5/13	5/15	5/16	5/17
5/20	5/22	5/23	5/24
5/27	5/29	5/30	5/31
6/3	6/5	6/6	6/7
6/10	6/12	6/13	6/14
6/17	6/19	6/20	6/21
6/24	6/26	6/27	6/28
7/1	7/3	7/4	7/5
M/U 7/8	M/U 7/10	M/U 7/11	M/U 7/12

SESSION #3 2020 (4 WEEKS/SUMMER FUN) (July 22 - August 23)

Wednesday	Friday	Saturday	Sunday
7/22	7/24	7/25	7/26
7/29	7/31	8/1	8/2
8/5	8/7	8/8	8/9
8/12	8/14	8/15	8/16
M/U 8/19	M/U 8/21	M/U 8/22	M/U 8/23

SESSION #1 2020

Friday: Edward

7:00-7:30 Adult Beginner
7:30-8:00 Adult Intermediate

Saturday: Sarah & Edward

9:00-9:30 Level 1 - Parent & Child
9:45-10:15 Level 2 - Parent & Child
10:30-11:00 Level 2 - Beginner
11:05-11:35 Level 1 - Basics
11:40-12:10 Level 2.5 - Beg/Int
12:15-12:45 Level 3 - Intermediate
12:50-1:20 Level 4 - Advanced

Sunday: Edward & Caitlin

9:00-9:30 Level 1 - Parent & Child
9:45-10:15 Level 2 - Parent & Child
10:30-11:00 Level 2 - Beginner
11:05-11:35 Level 1 - Basics
11:40-12:10 Level 2.5 - Beg/Int
11:40-12:10 Level 3 - Intermediate
12:15-12:45 Level 3 - Intermediate
12:50-1:20 Level 4 - Advanced
12:50-1:20 Level 1 - Basics

Wednesday: Edward & Sarah

4:00-4:30 Level 1 - Basics
4:35-5:05 Level 2 - Beginner
5:10-5:40 Level 3 - Intermediate
5:45-6:15 Level 4 - Advanced

12 Week Session Fee

Members \$425
Non Members \$550
One Time Enrollment Fee \$25

SWIM ASSESSMENTS

Required for first enrollment
(Fee is \$15.00)

Please call for appointment
Please reserve your spot

Please see our website for complete
list of class skills and safety topics
covered.

PLEASE VISIT OUR WEBSITE FOR MORE INFO & CONTACT
SWIM@HAMILTONHEALTHFITNESS.COM TO ENROLL

PARENT & CHILD

Level 1 - 6 months to 2 years

Level 2 - 2 years to 4 years

8-10 participants/ 1 instructor

Parents and little ones will learn a basic swim foundation together.

LEVEL 1

Introduction to Water Skills

4 children/1 instructor (Age 3+)

For children who have very little or no water experience. Class is parent free. Level 1 is for the absolute beginner who may (or may not) have a fear of entering the water.

LEVEL 2

Fundamental Aquatic Skills

4 children/1 instructor (Age 4+)

For children who are confident and comfortable entering the water. Class will focus on floating, breathing, kick and pull, working towards swimming the width of pool.

LEVEL 2.5

Improving Skills and Swim Strokes

4 children/1 instructor (Age 4+)

Class will focus on swim strokes and kicks (butterfly, back crawl, dolphin kicks, plus swimming under water and turns.

LEVEL 3

Stroke Development

5 children/1 inst. (Age 5-6+ years)

Class will focus on treading water, flutter kicks, survival floating, backstroke kick drills, dolphin kick drills, scissors kick, swimming under water and how to turn from front to back in the water.

LEVEL 4

Stroke Improvement

6 children/1 inst. (Age 7-8+)

Classes will focus on swimming under water, breast stroke, butterfly drills, and side stroke. Students will learn to regulate breathing.

ADULT

Level 1 Learning the basics

Level 2 Improving Skills and Swim Strokes

6 participants/ 1 instructor