

2009 Health Unlimited's "Be A Swimmer" Summer Lesson Schedule

MEMBER Registration: May 13th
NON-MEMBER Registration: May 27th

Registration begins at 6am at Health Unlimited or online at www.myhealthunlimited.com

Session I: June 22nd – July 2nd (M-Th –2wks) **Session II:** July 6th- July 16th (M-Th-2wks)

Session III: July 20th -July 30th (M-Th-2wks)

**** Saturday ONLY** - June 6th – Aug. 1st** (1x per wk – 8wks, no classes 7/4)***

Parent and Child:

Water Babies 1: Parent/Child (6 months – 18 months) – Special bonding between parent and child as they learn to feel comfortable in the water together while working on basic skills such as water adjustment and exploration, kicking, blowing bubbles, floating and safety. Class size – minimum 3, maximum 8.

		<u>Session I</u>	<u>Session II</u>	<u>Session III</u>
Mon. – Thurs.	9-9:30am	#101S	#201S	#301S
Saturday	10:20-10:50am	#102S		

Water Babies II: Parent/Child (18mos – 3yrs) – Continual emphasis on basic skills with the parent while moving towards independence. Skills include water exploration, kicking, bobbing, blowing bubbles, front and back floating and safety. Class size minimum 3, maximum 8.

		<u>Session I</u>	<u>Session II</u>	<u>Session III</u>
Mon. – Thurs.	9:40-10:10am	#105S	#205S	#305S
Saturday	9:40-10:10am	#106S		

Preschool Classes (ages 3yrs to 5yrs):

****NEW** Preschool Independent Water Skills – (For 3 years of age ONLY!)** –This new class is designed specifically for the 3 year old (not 2 1/2yrs or turning 3 in the middle of the session) just graduating from the Water Babies classes – to allow them to adapt to the water independently without parental participation. Entering and exiting the pool on their own, bobbing, blowing bubbles, gliding, front and back floating and kicking. **Class size limited to 4 students.

		<u>Session I</u>	<u>Session II</u>	<u>Session III</u>
Mon.-Thurs.	9:00-9:30am	#090S	#2090S	#3090S
Mon. – Thurs.	11:40-12:10pm	#091S	#2091S	#3091S
Mon. – Thurs.	5:30 – 6:00pm	#092S	#2092S	#3092S
Saturday	9:00-9:30am	#094S		
Saturday	11:40am-12:10pm	#095S		

Preschool Beginner I:(ages 3 ½ to 5yrs) –Designed for the swimmer who is a little apprehensive of the water and who may not like to get their face wet. Basic skills taught include blowing bubbles, slow submersion, supported kicking and floating and breath control. Class size minimum 3, maximum 5.

	<u>Session I</u>	<u>Session II</u>	<u>Session III</u>
Mon. – Thurs. 9:40-10:10am	#111S	#211S	#311S
Mon. -Thurs 10:20-10:50am	#112S	#212S	#312S
Mon. -Thurs 11:00-11:30am	#113S	#213S	#313S
Mon. –Thurs. 6:10-6:40pm	#114S	#214S	#314S
Saturday 9:00-9:30am	#115S		
Saturday 10:20-10:50am	#116S		

Preschool Beginner II:(3 ½ to 5yrs)- This class is designed for the child who is comfortable in the water and willing submerges their entire face. Skills taught include flutter kick (front/back), unsupported front/back floats with glide, fining and rhythmic breathing. Class size minimum 3, maximum 5.

	<u>Session I</u>	<u>Session II</u>	<u>Session III</u>
Mon. – Thurs. 9-9:30am	#121S	#221S	#321S
Mon. - Thurs 10:20-10:50am	#122S	#222S	#322S
Mon. - Thurs 11:40-12:10pm	#123S	#223S	#323S
Mon. - Thurs 5:30-6:00pm	#124S	#224S	#324S
Mon. – Thurs 6:50-7:20pm	#125S	#225S	#325S
Saturday 9:00-9:30am	#126S		
Saturday 10:20-10:50am	#127S		
Saturday 11:40am-12:10pm	#128S		

Preschool Intermediate: (3 ½ to 5yrs): This class is designed for the child who are able to glide on their front and backs and flutter kick on their front and back without instructor assistance. Use of these skills will be incorporated into learning the crawl stroke with rotary breathing and further survival skills in the water. Students will be introduced to Elementary backstroke arms. Class size minimum 3, maximum 5.

	<u>Session I</u>	<u>Session II</u>	<u>Session III</u>
Mon – Thurs. 9:40-10:10am	#131S	#231S	#331S
Mon. - Thurs 11 - 11:30am	#132S	#232S	#332S
Mon. -Thurs 5:30-6:00pm	#134S	#234S	#334S
Mon. - Thurs 6:10-6:40pm	#135S	#235S	#335S
Saturday 9:40-10:10am	#136S		
Saturday 11:40-12:10pm	#137S		

Preschool Advanced: (3 ½ to 5yrs): Focus on this class is to take all skills from previous class to make the student proficient and confident in the water. Students will be introduced to components of the backstroke and elementary backstroke and learn to tread water. Students should be able to swim the front crawl with rotary breathing. Class size minimum 3, maximum 6.

	<u>Session I</u>	<u>Session II</u>	<u>Session III</u>
Mon. - Thurs 9:40-10:10am	#141S	#241S	#341S
Mon. - Thurs 10:20-10:50am	#142S	#242S	#342S
Mon. - Thurs 5:30-6:00pm	#143S	#243S	#343S
Saturday 11:00-11:30am	#145S		

Youth Classes –6yrs to 12yrs

Youth Beginner I - A beginner class for students who may not feel comfortable or confident in the water or who rely on support in the water. This class is designed to help the child gain confidence while working on breath control, bobbing, front and back floating and kicking. Class size minimum 3, maximum 5.

	<u>Session I</u>	<u>Session II</u>	<u>Session III</u>
Mon. – Thurs. 9:00-9:30am	#151S	#251S	#351S
Mon. - Thurs 11:00-11:30am	#152S	#252S	#352S
Mon. – Thurs 6:50-7:20pm	#153S	#253S	#353S
Saturday 9:40-10:10am	#154S		
Saturday 11:00-11:30am	#155S		

Youth Beginner II: Designed for children who are comfortable and confident in the water and are able to float on front/back, using the front float with a glide, swimmers learn to add the arms and kick with the side/front breathing. Swimmers continue to work on backstroke kick and are introduced to backstroke arm movement. Class size minimum 3, maximum 6.

	<u>Session I</u>	<u>Session II</u>	<u>Session III</u>
Mon. Thurs. 9:40-10:10am	#161S	#261S	#361S
Mon. - Thurs 10:20-10:50am	#162S	#262S	#362S
Mon. - Thurs 11:40-12:10pm	#163S	#263S	#363S
Mon. – Thurs. 6:10-6:40pm	#164S	#264S	#364S
Mon. –Thurs. 6:50-7:20pm	#165S	#265S	#365S
Saturday 9:40-10:10am	#166S		
Saturday 11:00am-11:30am	#167S		

Youth Intermediate I: Swimmers work on refining front crawl with rotary breathing and learn new skills including the coordination of arms and legs for backstroke and elementary backstroke, treading water and diving from the side of the pool. Class size minimum 3, maximum 8.

	<u>Session I</u>	<u>Session II</u>	<u>Session III</u>
Mon – Thurs. 10:20-10:50am	#171S	#271S	#371S
Mon. - Thurs 11:00-11:30am	#172S	#272S	#372S
Mon. - Thurs 11:40-12:10pm	#173S	#273S	#373S
Mon. -Thurs 6:10-6:40pm	#174S	#274S	#374S
Saturday - 9:00-9:30am	#175S		
Saturday 11-11:30am	#176S		

Youth Intermediate II: Swimmers enhance previously acquired skills and learn the kicks needed for breaststroke, butterfly, and sidestroke as well as improving their endurance. Class size minimum 3, maximum 8.

	<u>Session I</u>	<u>Session II</u>	<u>Session III</u>
Mon. - Thurs 9:00-9:30am	#181S	#281S	#381S
Mon. - Thurs 11:00-11:30am	#182S	#282S	#382S
Mon. – Thurs. 6:10-6:40pm	#183S	#283S	#383S
Saturday 10:20-10:50am	#184S		

Youth Advanced: - Swimmers learn to coordinate the arms and legs in breaststroke, butterfly and sidestroke as well as refine and build endurance in previously learned strokes. Class size minimum 3, maximum 10.

	<u>Session I</u>	<u>Session II</u>	<u>Session III</u>
Mon. – Thurs. 11:40-12:10pm	#191S	#291S	#391S
Mon. Thurs. 6:50-7:20pm	#192S	#292S	#392S
Saturday 11:40-12:10pm	#193S		

Adult/Teen (13 yrs & older)

Teen I – Beginner level for inexperienced teens & adults whom have little skills or may even be fearful of the water. Focus of the class is to build confidence while learning basic skills. Class size minimum 3, maximum 6.

	<u>Session I</u>	<u>Session II</u>
Mon. – Thurs. 6:50pm-7:20pm	#194S	#294S

Adult/Teen II- Intermediate course designed for teens that feel comfortable in the water and are looking to improve their basic skills, moving onto more advance swimming techniques. Class size minimum 3, maximum 8.

	<u>Session I</u>	<u>Session II</u>
Mon. –Thurs. 5:30-6:00pm	#197S	#297S

Please see our separate flyer for information on ADULT ONLY – Back to Basics Swim Lessons

Private Lessons

Private lessons are available for one on one, or semi-private (two on one) for children and adults. Registration forms are available at the Front Desk. Payment is due at the time of registration. For further assistance on private or group lessons, please contact Cindi Middlekauff, Aquatics Director at 301-829-9730/410-795-0793 or aquatics@myhealthunlimited.com.