

Health Unlimited's
"Be A Swimmer"
2017 Fall Lesson Schedule

Updated: 8/7/17

Weekday Classes are 30 minutes each, and meet 2x per week for 4 weeks (each session)

Fall Session 1: September 11th – October 5th

Session 2: October 16th – November 14th (No classes Tuesday, October 31st)

Session 3: November 27th – December 21st



Saturday Classes are 40 minutes each, and meet 1x per week for 6 weeks

Saturday Fall 1 Session: September 16th – October 21st

Saturday Fall 2 Session: November 4th – December 16th
 (No classes November 25th – Thanksgiving Weekend)

Member Registration: Wednesday, August 16th

Non-Member Registration: Wednesday, August 30th

Registration begins at 8am at Health Unlimited or online at www.myhealthunlimited.com

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 maximum 9.

Saturday Session 1	September 16 th – October 21 st	Saturday	9am – 9:40am
Saturday Session 2	November 4 th – December 16 th *No class 11/25	Saturday	9am – 9:40am

Water Babies 2: 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 maximum 9.

Saturday Session 1	September 16 th – October 21 st	Saturday	9:45am – 10:30am
Saturday Session 2	November 4 th – December 16 th *No class 11/25	Saturday	9:45am – 10:30am

Water Babies Combo: Parent & Child (6mos – 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 maximum 9.

Session 1	September 11 th – October 4 th	Monday & Wednesday	10am – 10:30am
Session 2	October 17 th – November 14 th	Tuesday & Thursday	10:20am – 10:50am
Session 3	November 28 th – December 21 st	Tuesday & Thursday	10:20am – 10:50am

Preschool Independent Water Skills (For 3 years of age ONLY!): This class is designed specifically for the 3year-old just graduating from a Water Babies or other Parent-Child class. It focuses on getting the kids to adjust to the water independently of parental participation. Other skills introduced are entering and exiting the pool on their own, bobbing, blowing bubbles, gliding, front and back floating and kicking. Class size limited to 4 students.

Session 1	September 11 th – October 4 th	Monday & Wednesday	5pm – 5:30pm
	September 12 th – October 5 th	Tuesday & Thursday	9:40am – 10:10am
Session 2	October 16 th – November 8 th	Monday & Wednesday	5pm – 5:30pm
	October 17 th – November 14 th <i>*No class 10/31</i>	Tuesday & Thursday	9:40am – 10:10am
Session 3	November 27 th – December 20 th	Monday & Wednesday	5pm – 5:30pm
	November 28 th – December 21 st	Tuesday & Thursday	9:40am – 10:10am
Saturday Session 1	September 16 th – October 21 st	Saturday	9am – 9:40am
Saturday Session 2	November 4 th – December 16 th <i>*No class 11/25</i>	Saturday	9am – 9:40am

Preschool Beginner 1 (ages 3 ½ to 5yrs): Designed for the swimmer who is a little apprehensive of the water or who may not like to get their face wet. Basic skills taught include blowing bubbles, slow submersion and breath control, supported flutter kicking, back floating and supported front crawl. Class size limited to 4 students.

Session 1	September 11 th – October 4 th	Monday & Wednesday	9:20am – 9:50am 5:40pm – 6:10pm 6:20pm – 6:50pm
	September 12 th – October 5 th	Tuesday & Thursday	9:40am – 10:10am 5pm – 5:30pm 6:20pm – 6:50pm
Session 2	October 16 th – November 8 th	Monday & Wednesday	9:20am – 9:50am 5:40pm – 6:10pm 6:20pm – 6:50pm
	October 17 th – November 14 th <i>*No class 10/31</i>	Tuesday & Thursday	9:40am – 10:10am 5pm – 5:30pm 6:20pm – 6:50pm
Session 3	November 27 th – December 20 th	Monday & Wednesday	9:20am – 9:50am 5:40pm – 6:10pm 6:20pm – 6:50pm
	November 28 th – December 21 st	Tuesday & Thursday	9:40am – 10:10am 5pm – 5:30pm 6:20pm – 6:50pm
Saturday Session 1	September 16 th – October 21 st	Saturday	9am – 9:40am 10:40am – 11:20am
Saturday Session 2	November 4 th – December 16 th <i>*No class 11/25</i>	Saturday	9am – 9:40am 10:40am – 11:20am

Preschool Beginner 2 (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 unsupported flutter kick (front/back), unsupported front/back floats with glide, and front crawl. Class size maximum 4.

Session 1	September 11 th – October 4 th	Monday & Wednesday	10am – 10:30am 5:40pm – 6:10pm 6:20pm – 6:50pm
	September 12 th – October 5 th	Tuesday & Thursday	10:20am – 10:50am 5pm – 5:30pm 6:20pm – 6:50pm
Session 2	October 16 th – November 8 th	Monday & Wednesday	10am – 10:30am 5:40pm – 6:10pm 6:20pm – 6:50pm
	October 17 th – November 14 th <i>*No class 10/31</i>	Tuesday & Thursday	10:20am – 10:50am 5pm – 5:30pm 6:20pm – 6:50pm
Session 3	November 27 th – December 20 th	Monday & Wednesday	10am – 10:30am 5:40pm – 6:10pm 6:20pm – 6:50pm
	November 28 th – December 21 st	Tuesday & Thursday	10:20am – 10:50am 5pm – 5:30pm 6:20pm – 6:50pm
Saturday Session 1	September 16 th – October 21 st	Saturday	9am – 9:40am 10:40am – 11:20am
Saturday Session 2	November 4 th – December 16 th <i>*No class 11/25</i>	Saturday	9am – 9:40am 10:40am – 11:20am

Preschool Intermediate (3 ½ to 5yrs): This class is designed for the swimmers who are able to glide on their front and backs and flutter kick on their front and back without instructor assistance. The kids will build on their front crawl stroke with rotary breathing, and be introduced to backstroke. Other survival skills included are treading water and longer front/back floats. Class size maximum 5.

Session 1	September 11 th – October 4 th	Monday & Wednesday	10am – 10:30am 5pm – 5:30pm 5:40pm – 6:10pm
	September 12 th – October 5 th	Tuesday & Thursday	10:20am – 10:50am 5:40pm – 6:10pm 6:20pm – 6:50pm
Session 2	October 16 th – November 8 th	Monday & Wednesday	10am – 10:30am 5pm – 5:30pm 5:40pm – 6:10pm
	October 17 th – November 14 th <i>*No class 10/31</i>	Tuesday & Thursday	10:20am – 10:50am 5:40pm – 6:10pm 6:20pm – 6:50pm
Session 3	November 27 th – December 20 th	Monday & Wednesday	10am – 10:30am 5pm – 5:30pm 5:40pm – 6:10pm
	November 28 th – December 21 st	Tuesday & Thursday	10:20am – 10:50am 5:40pm – 6:10pm 6:20pm – 6:50pm

Preschool Intermediate: con't

Saturday Session 1	September 16 th – October 21 st	Saturday	9:50am – 10:30am
Saturday Session 2	November 4 th – December 16 th <i>*No class 11/25</i>	Saturday	9:50am – 10:30am

Preschool Advanced: (4 to 6yrs): Swimmers will continue work with freestyle (including rotary breathing), backstroke, treading water, and will be introduced to breaststroke.

Class size maximum 5.

Session 1	September 11 th – October 4 th	Monday & Wednesday	9:20am – 9:50am 4:20pm – 4:50pm
	September 12 th – October 5 th	Tuesday & Thursday	9:40am – 10:10am 5:40pm – 6:10pm
Session 2	October 16 th – November 8 th	Monday & Wednesday	9:20am – 9:50am 4:20pm – 4:50pm
	October 17 th – November 14 th <i>*No class 10/31</i>	Tuesday & Thursday	9:40am – 10:10am 5:40pm – 6:10pm
Session 3	November 27 th – December 20 th	Monday & Wednesday	9:20am – 9:50am 4:20pm – 4:50pm
	November 28 th – December 21 st	Tuesday & Thursday	9:40am – 10:10am 5:40pm – 6:10pm
Saturday Session 1	September 16 th – October 21 st	Saturday	11:30am – 12:10pm
Saturday Session 2	November 4 th – December 16 th <i>*No class 11/25</i>	Saturday	11:30am – 12:10pm

Youth Beginner 1 (6yrs – 10yrs): A beginner class for students who do not feel comfortable or confident in the water, and for those who rely on support in the water. This class is designed to help the child gain confidence with assisted and unassisted work on bobbing, breath control, front and back floating, kicking, and front crawl. Class size maximum 4.

Session 1	September 11 th – October 4 th	Monday & Wednesday	9:20am – 9:50am 5pm – 5:30pm 6:20pm – 6:50pm
	September 12 th – October 5 th	Tuesday & Thursday	5:40pm – 6:10pm
Session 2	October 16 th – November 8 th	Monday & Wednesday	9:20am – 9:50am 5pm – 5:30pm 6:20pm – 6:50pm
	October 17 th – November 14 th <i>*No class 10/31</i>	Tuesday & Thursday	5:40pm – 6:10pm
Session 3	November 27 th – December 20 th	Monday & Wednesday	9:20am – 9:50am 5pm – 5:30pm 6:20pm – 6:50pm
	November 28 th – December 21 st	Tuesday & Thursday	5:40pm – 6:10pm

Youth Beginner 1: con't

Saturday Session 1	September 16 th – October 21 st	Saturday	9:50am – 10:30am 11:30am – 12:10pm
Saturday Session 2	November 4 th – December 16 th *No class 11/25	Saturday	9:50am – 10:30am 11:30am – 12:10pm

Youth Beginner 2 (6yrs – 10yrs): This class is for kids who are comfortable in the water, are able to float on front/back, and push-off and glide from the wall unassisted. Swimmers continue to develop front crawl into a freestyle stroke with rotary breathing. Deep water orientation, treading water, and elementary backstroke are introduced. Class size maximum 5.

Session 1	September 11 th – October 4 th	Monday & Wednesday	5pm – 5:30pm 6:20pm – 6:50pm
	September 12 th – October 5 th	Tuesday & Thursday	5:40pm – 6:10pm
Session 2	October 16 th – November 8 th	Monday & Wednesday	5pm – 5:30pm 6:20pm – 6:50pm
	October 17 th – November 14 th *No class 10/31	Tuesday & Thursday	5:40pm – 6:10pm
Session 3	November 27 th – December 20 th	Monday & Wednesday	5pm – 5:30pm 6:20pm – 6:50pm
	November 28 th – December 21 st	Tuesday & Thursday	5:40pm – 6:10pm
Saturday Session 1	September 16 th – October 21 st	Saturday	9:50am – 10:30am 11:30am – 12:10pm
Saturday Session 2	November 4 th – December 16 th *No class 11/25	Saturday	9:50am – 10:30am 11:30am – 12:10pm

Youth Intermediate 1 (6yrs – 10yrs): In this class, the kids will work on refining freestyle with effective rotary breathing, backstroke with correct kick, and will be introduced to breaststroke. Swimmer must be able to front/back float and tread water for required time. Class will also begin to work on increasing endurance. Class size maximum 6.

Session 1	September 12 th – October 5 th	Tuesday & Thursday	5pm – 5:30pm
Session 2	October 17 th – November 14 th *No class 10/31	Tuesday & Thursday	5pm – 5:30pm
Session 3	November 28 th – December 21 st	Tuesday & Thursday	5pm – 5:30pm
Saturday Session 1	September 16 th – October 21 st	Saturday	9am – 9:40am 11:30am – 12:10pm
Saturday Session 2	November 4 th – December 16 th *No class 11/25	Saturday	9am – 9:40am 11:30am – 12:10pm

Youth Intermediate 2 (6yrs – 10yrs): Swimmers must be proficient in freestyle and backstroke. Class will continue to work on skills and proficiency in breaststroke and be introduced to butterfly. Swimmers will also continue to build their endurance with challenging drills and longer swims. Class size maximum 7.

Session 1	September 12 th – October 5 th	Tuesday & Thursday	6:40pm- 7:10pm
Session 2	October 17 th – November 14 th <i>*No class 10/31</i>	Tuesday & Thursday	6:40pm – 7:10pm
Session 3	-	-	-
Saturday Session 1	September 16 th – October 21 st	Saturday	9:50am – 10:30am
Saturday Session 2	November 4 th – December 16 th <i>*No class 11/25</i>	Saturday	9:50am – 10:30am

Youth Advanced (6yrs – 10yrs): Designed for swimmers interested in a more engaging swimming experience. The focus will be on developing strokes and turns to legal swim team standards. Swimmers refine and build endurance in freestyle, backstroke, breaststroke, and butterfly strokes. Class size maximum 7.

Session 1	-	-	-
Session 2	-	-	-
Session 3	November 28 th – December 21 st	Tuesday & Thursday	6:40pm- 7:10pm
Saturday Session 1	September 16 th – October 21 st	Saturday	10:40am – 11:20am
Saturday Session 2	November 4 th – December 16 th <i>*No class 11/25</i>	Saturday	10:40am – 11:20am

Teen Beginner (ages 11-16yrs): A beginner class for teen students who are not comfortable or confident in the water, and for those who rely on support in the water. Teen swimmers will gain confidence with assisted and unassisted work on bobbing, breath control, front and back floating, kicking, and front crawl. Class maximum 4.

Session 1	September 11 th – October 4 th	Monday & Wednesday	5:40pm – 6:10pm
	September 12 th – October 5 th	Tuesday & Thursday	6:20pm 6:50pm
Session 2	October 16 th – November 8 th	Monday & Wednesday	5:40pm – 6:10pm
	October 17 th – November 14 th <i>*No class 10/31</i>	Tuesday & Thursday	6:20pm 6:50pm
Session 3	November 27 th – December 20 th	Monday & Wednesday	5:40pm – 6:10pm
	November 28 th – December 21 st	Tuesday & Thursday	6:20pm 6:50pm
Saturday Session 1	September 16 th – October 21 st	Saturday	9:40am – 10:15am
Saturday Session 2	November 4 th – December 16 th <i>*No class 11/25</i>	Saturday	9:40am – 10:15am

Teen Intermediate (ages 11-16yrs): Swimmer must be able to swim underwater for an appropriate length, front & back float, and effectively tread water. Swimmers work on developing freestyle, backstroke, and breaststroke.

Class size maximum 5.

Session 1	September 12 th – October 5 th	Tuesday & Thursday	6:40pm – 7:10pm
Session 2	October 17 th – November 14 th <i>*No class 10/31</i>	Tuesday & Thursday	6:40pm – 7:10pm
Session 3	November 28 th – December 21 st	Tuesday & Thursday	6:20pm 6:50pm
Saturday Session 1	September 16 th – October 21 st	Saturday	11:30am – 12:10pm
Saturday Session 2	November 4 th – December 16 th <i>*No class 11/25</i>	Saturday	11:30am – 12:10pm

Private Lessons

Individual private lessons and semi-private lessons (2 swimmers-1 instructor) are available for children and adults. Registration forms are available at the Front Desk, and payment is due at the time of registration.

All lessons are 30 minutes and prices listed are *per person*.

Private per lesson: \$29 Member / \$49 Non-Member

Private per package of 3 lessons: \$79 Member / \$140 Non-Member

Semi-private per lesson (per person): \$22 Members / \$39 Non-Members

Semi-private per package of 3 lessons: \$60 Members / \$110 Non-Members

For further assistance on private or group lessons, please contact the Aquatics Director at your convenience via phone: 301-829-9730 ext. 105, or email: aquatics@myhealthunlimited.com