

# HEALTH UNLIMITED'S "BE A SWIMMER" 2017 SPRING LESSON SCHEDULE

*Updated: 2/25/17*

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

**Spring Session 1:** April 3<sup>rd</sup> – May 4<sup>th</sup> *(No classes Apr 12<sup>th</sup> – 18<sup>th</sup> for Spring Break)*

**Session 2:** May 15<sup>th</sup> – June 12<sup>th</sup>

*(No classes Monday, May 29<sup>th</sup> – Memorial Day Weekend)*



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

**Spring Session:** April 29<sup>th</sup> – June 10<sup>th</sup>

*(No classes Sat May 27<sup>th</sup> – Memorial Day Weekend)*

**Member Registration:** Wednesday, March 8<sup>th</sup>

**Non-Member Registration:** Wednesday, March 22<sup>nd</sup>

**Registration begins at 8am at Health Unlimited or online at [www.myhealthunlimited.com](http://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	April 29 <sup>th</sup> – June 10 <sup>th</sup>	Saturday	9am – 9:45am
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**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	April 29 <sup>th</sup> – June 10 <sup>th</sup>	Saturday	9:45am – 10:30am
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**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	April 3 <sup>rd</sup> – May 3 <sup>rd</sup> <i>*No Class Apr 12<sup>th</sup>-18<sup>th</sup></i>	Tuesday & Thursday	10:20am – 10:50am
Session 2	May 15 <sup>th</sup> – June 12 <sup>th</sup>	Tuesday & Thursday	10:20am – 10:50am

**Preschool Independent Water Skills (For 3 years of age ONLY!)**: This class is designed specifically for the 3-year-old just graduating from a Water Babies or other Parent-Child class. It focuses on getting the kids to adjust to the water independently, without 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	April 3 <sup>rd</sup> – May 3 <sup>rd</sup> <i>*No Class Apr 12<sup>th</sup>-18<sup>th</sup></i>	Monday & Wednesday	5pm – 5:30pm
Session 2	May 15 <sup>th</sup> – June 12 <sup>th</sup> <i>*No Class Monday, May 29<sup>th</sup></i>	Monday & Wednesday	5pm – 5:30pm
Saturday Session	April 29 <sup>th</sup> – June 10 <sup>th</sup> <i>*No Class Saturday, May 27<sup>th</sup></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. *\*No Class Monday, May 29<sup>th</sup>*

Session 1	April 3 <sup>rd</sup> – May 4 <sup>th</sup> <i>*No Class Apr 12<sup>th</sup>-18<sup>th</sup></i>	Monday & Wednesday	10am-10:30am 5:40pm – 6:10pm
		Tuesday & Thursday	9:40am – 10:10am 5pm – 5:30pm 6:20pm – 6:50pm
Session 2	May 15 <sup>th</sup> – June 12 <sup>th</sup> <i>*No Class Monday, May 29<sup>th</sup></i>	Monday & Wednesday	10am-10:30am 5:40pm – 6:10pm
		Tuesday & Thursday	9:40am – 10:10am 5pm – 5:30pm 6:20pm – 6:50pm
Saturday Session	April 29 <sup>th</sup> – June 10 <sup>th</sup> <i>*No Class Saturday, May 27<sup>th</sup></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, fining and rhythmic breathing and front crawl. Class size maximum 4.

Session 1	April 3 <sup>rd</sup> – May 4 <sup>th</sup> <i>*No Class Apr 12<sup>th</sup>-18<sup>th</sup></i>	Monday & Wednesday	10am-10:30am 5:40pm – 6:10pm
		Tuesday & Thursday	9:40am – 10:10am 5pm – 5:30pm 6:20pm – 6:50pm
Session 2	May 15 <sup>th</sup> – June 12 <sup>th</sup> <i>*No Class Monday, May 29<sup>th</sup></i>	Monday & Wednesday	10am-10:30am 5:40pm – 6:10pm
		Tuesday & Thursday	9:40am – 10:10am 5pm – 5:30pm 6:20pm – 6:50pm
Saturday Session	April 29 <sup>th</sup> – June 10 <sup>th</sup> <i>*No Class Saturday, May 27<sup>th</sup></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 4.

Session 1	April 3 <sup>rd</sup> – May 4 <sup>th</sup> <i>*No Class Apr 12<sup>th</sup>-18<sup>th</sup></i>	Monday & Wednesday	10am – 10:30am 5pm – 5:30pm 6:20pm – 6:50pm
		Tuesday & Thursday	10:20am – 10:50am 5:40pm – 6:10pm 6:20pm – 6:50pm
Session 2	May 15 <sup>th</sup> – June 12 <sup>th</sup> <i>*No Class Monday, May 29<sup>th</sup></i>	Monday & Wednesday	10am – 10:30am 5pm – 5:30pm 6:20pm – 6:50pm
		Tuesday & Thursday	10:20am – 10:50am 5:40pm – 6:10pm 6:20pm – 6:50pm
Saturday Session	April 29 <sup>th</sup> – June 10 <sup>th</sup> <i>*No Class Saturday, May 27<sup>th</sup></i>	Saturday	9:50am – 10:30am 10:40am – 11:20am

**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	April 3 <sup>rd</sup> – May 4 <sup>th</sup> <i>*No Class Apr 12<sup>th</sup>-18<sup>th</sup></i>	Monday & Wednesday	5:40pm – 6:10pm
		Tuesday & Thursday	5:40pm – 6:10pm
Session 2	May 15 <sup>th</sup> – June 12 <sup>th</sup> <i>*No Class Monday, May 29<sup>th</sup></i>	Monday & Wednesday	5:40pm – 5:30pm
		Tuesday & Thursday	5:40pm – 6:10pm
Saturday Session	April 29 <sup>th</sup> – June 10 <sup>th</sup> <i>*No Class Saturday, May 27<sup>th</sup></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	April 3 <sup>rd</sup> – May 4 <sup>th</sup> <i>*No Class Apr 12<sup>th</sup>-18<sup>th</sup></i>	Monday & Wednesday	5pm – 5:30pm 6:20pm – 6:50pm
		Tuesday & Thursday	5pm – 5:30pm 5:40pm – 6:10pm
Session 2	May 15 <sup>th</sup> – June 12 <sup>th</sup> <i>*No Class Monday, May 29<sup>th</sup></i>	Monday & Wednesday	5pm – 5:30pm 6:20pm – 6:50pm
		Tuesday & Thursday	5:40pm – 6:10pm
Saturday Session	April 29 <sup>th</sup> – June 10 <sup>th</sup> <i>*No Class Saturday, May 27<sup>th</sup></i>	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	April 3 <sup>rd</sup> – May 4 <sup>th</sup> <i>*No Class Apr 12<sup>th</sup>-18<sup>th</sup></i>	Monday & Wednesday	5pm – 5:30pm 6:20pm – 6:50pm
		Tuesday & Thursday	5:40pm – 6:10pm
Session 2	May 15 <sup>th</sup> – June 12 <sup>th</sup> <i>*No Class Monday, May 29<sup>th</sup></i>	Monday & Wednesday	5pm – 5:30pm 6:20pm – 6:50pm
		Tuesday & Thursday	5:40pm – 6:10pm
Saturday Session	April 29 <sup>th</sup> – June 10 <sup>th</sup> <i>*No Class Saturday, May 27<sup>th</sup></i>	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	April 3 <sup>rd</sup> – May 4 <sup>th</sup> <i>*No Class Apr 12<sup>th</sup>-18<sup>th</sup></i>	Tuesday & Thursday	5pm – 5:30pm
Session 2	May 15 <sup>th</sup> – June 12 <sup>th</sup> <i>*No Class Monday, May 29<sup>th</sup></i>	Tuesday & Thursday	5pm – 5:30pm
Saturday Session	April 29 <sup>th</sup> – June 10 <sup>th</sup> <i>*No Class Saturday, May 27<sup>th</sup></i>	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	April 3 <sup>rd</sup> – May 4 <sup>th</sup> <i>*No Class Apr 12<sup>th</sup>-18<sup>th</sup></i>	Tuesday & Thursday	6:15pm- 6:45pm
Session 2	May 15 <sup>th</sup> – June 12 <sup>th</sup> <i>*No Class Monday, May 29<sup>th</sup></i>	Tuesday & Thursday	6:15pm- 6:45pm
Saturday Session	April 29 <sup>th</sup> – June 10 <sup>th</sup> <i>*No Class Saturday, May 27<sup>th</sup></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	April 3 <sup>rd</sup> – May 4 <sup>th</sup> <i>*No Class Apr 12<sup>th</sup>-18<sup>th</sup></i>	Tuesday & Thursday	6:45pm- 7:15pm
Session 2	May 15 <sup>th</sup> – June 12 <sup>th</sup> <i>*No Class Monday, May 29<sup>th</sup></i>	Tuesday & Thursday	6:45pm- 7:15 pm
Saturday Session	April 29 <sup>th</sup> – June 10 <sup>th</sup> <i>*No Class Saturday, May 27<sup>th</sup></i>	Saturday	10:40am – 11:20am
*Combo Session	March 21 <sup>st</sup> – May 18 <sup>th</sup> (8 weeks)	Monday & Wednesday	4:45pm – 5:30pm

*\*Combo Session – Youth Advanced swimmers combined with Jr.Team swimmers for a longer 8-week session, with each practice running 45minutes (15minutes longer than lessons in Session 1 or 2). Special pricing does apply.*

**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	April 3 <sup>rd</sup> – May 4 <sup>th</sup> <i>*No Class Apr 12<sup>th</sup>-18<sup>th</sup></i>	Monday & Wednesday	5:40pm – 6:10pm 6:20pm – 6:50pm
		Tuesday & Thursday	5pm – 5:30pm 6:20pm 6:50pm
Session 2	May 15 <sup>th</sup> – June 12 <sup>th</sup> <i>*No Class Monday, May 29<sup>th</sup></i>	Monday & Wednesday	5:40pm – 6:10pm 6:20pm – 6:50pm
		Tuesday & Thursday	5pm – 5:30pm 6:20pm 6:50pm
Saturday Session	April 29 <sup>th</sup> – June 10 <sup>th</sup> <i>*No Class Saturday, May 27<sup>th</sup></i>	Saturday	11:30am – 12:10pm

**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	April 3 <sup>rd</sup> – May 4 <sup>th</sup> <i>*No Class Apr 12<sup>th</sup>-18<sup>th</sup></i>	Tuesday & Thursday	5pm – 5:30pm
Session 2	May 15 <sup>th</sup> – June 12 <sup>th</sup> <i>*No Class Monday, May 29<sup>th</sup></i>	Tuesday & Thursday	5:40pm – 6:10pm
Saturday Session	April 29 <sup>th</sup> – June 10 <sup>th</sup> <i>*No Class Saturday, May 27<sup>th</sup></i>	Saturday	11:30am – 12:10pm

## ADULT CLASSES:

**Beginning Swimming for Adults:** These classes are designed for adult participants who have had no formal instruction in swimming, have no knowledge of strokes, are afraid of the water, and/or cannot effectively float or swim a length of the pool. Class size limited to 6 participants. *Special pricing applies - Please see separate flyer or contact front desk for pricing information.*

Spring Session	April 28 <sup>th</sup> – June 2 <sup>nd</sup>	Friday	12:15pm – 12:45pm
	April 29 <sup>th</sup> – June 10 <sup>th</sup> <i>*No Class Saturday, May 27<sup>th</sup></i>	Saturday	8:15am – 9am

**Back to Basics:** These classes are designed for adults 18yrs and older who have some basic knowledge of swim strokes, are not fearful of the water and would like to enhance their swimming skills. Participants may have had no or limited instruction on technique. *Special pricing applies - Please see separate flyer or contact front desk for pricing information.*

Spring Session 1	April 25 <sup>th</sup> – June 1 <sup>st</sup> <i>*No Class Apr 12<sup>th</sup>-18<sup>th</sup></i>	Tuesday & Thursday	11:30am – 12:30pm
	April 30 <sup>th</sup> – June 11 <sup>th</sup> <i>*No Class Sunday, May 28<sup>th</sup></i>	Sunday	11am – 12pm

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## **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](mailto:aquatics@myhealthunlimited.com)