

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

Weekday Summer Session 1: June 19th – June 29th
(Classes meet Monday – Thursday both weeks)

Weekday Summer Session 2: July 10th – July 20th
(Classes meet Monday – Thursday both weeks)

Weekday Summer Session 3: July 24th – August 3rd
(Classes meet Monday - Thursday both weeks)



**Saturday Classes are 40 minutes each,
and meet 1x per week for 6 weeks
Summer Session: June 24th – July 29th**

Member Registration: May 24th

Non-Member Registration: June 7th

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.

Session 1	June 19 th – June 29 th	Monday-Thursday	10:20am – 10:50am
Session 2	July 10 th – July 20 th	Monday-Thursday	10:20am – 10:50am
Session 3	July 24 th – August 3 rd	Monday-Thursday	10:20am – 10:50am
Saturday	June 24 th – July 29 th	Only Saturdays	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.

Session 1	June 19 th – June 29 th	Monday-Thursday	11am – 11:30am
Session 2	July 10 th – July 20 th	Monday-Thursday	11am – 11:30am
Session 3	July 24 th – August 3 rd	Monday-Thursday	11am – 11:30am
Saturday	June 24 th – July 29 th	Only Saturdays	9:50am – 10:30am

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, 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	June 19 th – June 29 th	Monday - Thursday	9am – 9:30am 10:20am – 10:50am 5pm – 5:30pm
Session 2	July 10 th – July 20 th	Monday - Thursday	9am – 9:30am 10:20am – 10:50am 5pm – 5:30pm
Session 3	July 24 th – August 3 rd	Monday - Thursday	9am – 9:30am 10:20am – 10:50am 5pm – 5:30pm
Saturday	June 24 th – July 29 th	Only Saturdays	9am – 9:40am 10:40am – 11:20am

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	June 19 th – June 29 th	Monday - Thursday	9am – 9:30am 10:20am – 10:50am 11:40am – 12:10pm 5pm – 5:30pm
Session 2	July 10 th – July 20 th	Monday - Thursday	9am – 9:30am 10:20am – 10:50am 11:40am – 12:10pm 5pm – 5:30pm
Session 3	July 24 th – August 3 rd	Monday - Thursday	9am – 9:30am 10:20am – 10:50am 11:40am – 12:10pm 5pm – 5:30pm
Saturday	June 24 th – July 29 th	Only Saturdays	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	June 19 th – June 29 th	Monday - Thursday	9am – 9:30am 10:20am – 10:50am 11:40am – 12:10pm
			5pm – 5:30pm 6:20pm – 6:50pm
Session 2	July 10 th – July 20 th	Monday - Thursday	9am – 9:30am 10:20am – 10:50am 11:40am – 12:10pm
			5pm – 5:30pm 6:20pm – 6:50pm
Session 3	July 24 th – August 3 rd	Monday - Thursday	9am – 9:30am 10:20am – 10:50am 11:40am – 12:10pm
			5pm – 5:30pm 6:20pm – 6:50pm
Saturday	June 24 th – July 29 th	Only Saturdays	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 introduce freestyle stroke with rotary breathing, and backstroke. Other survival skills included are treading water and longer front/back floats. Class size maximum 4.

Session 1	June 19 th – June 29 th	Monday - Thursday	9:40am – 10:10am 11am – 11:30am
			5:40pm – 6:10pm
Session 2	July 10 th – July 20 th	Monday - Thursday	9:40am – 10:10am 11am – 11:30am
			5:40pm – 6:10pm
Session 3	July 24 th – August 3 rd	Monday - Thursday	9:40am – 10:10am 11am – 11:30am
			5:40pm – 6:10pm
Saturday	June 24 th – July 29 th	Only Saturdays	9:50am – 10:30am 11:30am – 12:10pm

Preschool Advanced: (3 ½ to 5yrs): Swimmers will continue work with freestyle (including rotary breathing), backstroke, treading water, and will be introduced to breaststroke. Class size maximum 6.

Session 1	June 19 th – June 29 th	Monday - Thursday	9:40am – 10:10am
			11:40am – 12:10pm
Session 2	July 10 th – July 20 th	Monday - Thursday	4:20pm – 4:50pm
			6:20pm – 6:50pm
Session 3	July 24 th – August 3 rd	Monday - Thursday	9:40am – 10:10am
			11:40am – 12:10pm
Saturday	June 24 th – July 29 th	Only Saturdays	4:20pm – 4:50pm
			6:20pm – 6:50pm
			11:30am – 12:10pm

Youth Beginner 1 (6yrs – 12yrs): 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	June 19 th – June 29 th	Monday - Thursday	9:40am – 10:10am
			11am – 11:30am
Session 2	July 10 th – July 20 th	Monday - Thursday	5:40pm – 6:10pm
Session 3	July 24 th – August 3 rd	Monday - Thursday	9:40am – 10:10am
			11am – 11:30am
Saturday	June 24 th – July 29 th	Only Saturdays	5:40pm – 6:10pm
			9:50am – 10:30am
			11:30am – 12:10pm

Youth Beginner 2 (6yrs – 12yrs): 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 4.

Session 1	June 19 th – June 29 th	Monday - Thursday	9:40am – 10:10am 11am – 11:30am
			5:40pm – 6:10pm
Session 2	July 10 th – July 20 th	Monday - Thursday	9:40am – 10:10am 11am – 11:30am
			5:40pm – 6:10pm
Session 3	July 24 th – August 3 rd	Monday - Thursday	9:40am – 10:10am 11am – 11:30am
			5:40pm – 6:10pm
Saturday	June 24 th – July 29 th	Only Saturdays	9:50am – 10:30am 11:30am – 12:10pm

Youth Intermediate 1 (6yrs – 12yrs): 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	June 19 th – June 29 th	Monday - Thursday	9am – 9:30am 11am – 11:30am 5pm – 5:30pm
Session 2	July 10 th – July 20 th	Monday - Thursday	9am – 9:30am 11am – 11:30am 4:20pm – 4:50pm
Session 3	July 24 th – August 3 rd	Monday - Thursday	9am – 9:30am 11am – 11:30am 5:40pm – 6:10pm
Saturday	June 24 th – July 29 th	Only Saturdays	9am – 9:40am

Youth Intermediate 2 (6yrs – 12yrs): 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	June 19 th – June 29 th	Monday - Thursday	9:40am – 10:10am 5:40pm – 6:10pm
Session 2	July 10 th – July 20 th	Monday - Thursday	9:40am – 10:10am 5pm – 5:30pm
Session 3	July 24 th – August 3 rd	Monday - Thursday	9:40am – 10:10am 4:20pm – 4:50pm
Saturday	June 24 th – July 29 th	Only Saturdays	9:50am – 10:30am

Youth Advanced (6yrs – 12yrs): 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	June 19 th – June 29 th	Monday - Thursday	10:20am – 10:50am
			4:20pm -4:50pm
Session 2	July 10 th – July 20 th	Monday - Thursday	10:20am – 10:50am
			5:40pm – 6:10pm
Session 3	July 24 th – August 3 rd	Monday - Thursday	10:20am – 10:50am
			5pm – 5:30pm
Saturday	June 24 th – July 29 th	Only Saturdays	10:40am – 11:20am

Teen Beginner (ages 12-17yrs): 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 freestyle. Class maximum 5.

Session 1	June 19 th – June 29 th	Monday - Thursday	11am – 11:30am 6:20pm – 6:50pm
Session 2	July 10 th – July 20 th	Monday - Thursday	11am – 11:30am 6:20pm – 6:50pm
Session 3	July 24 th – August 3 rd	Monday - Thursday	11am – 11:30am 6:20pm – 6:50pm
Saturday	June 24 th – July 29 th	Only Saturdays	11:30am – 12:10pm

Teen Intermediate (ages 12-17yrs): Swimmer must be able to swim underwater for an appropriate length, front & back float, and effectively tread water. Swimmers work on developing freestyle with rotary breathing, backstroke and introduced to breaststroke. Class size maximum 6.

Session 1	June 19 th – June 29 th	Monday - Thursday	11:40am – 12:10pm 5pm – 5:30pm
Session 2	July 10 th – July 20 th	Monday - Thursday	11:40am – 12:10pm 5pm – 5:30pm
Session 3	July 24 th – August 3 rd	Monday - Thursday	11:40am – 12:10pm 5pm – 5:30pm
Saturday	June 24 th – July 29 th	Only Saturdays	11:30am – 12:10pm