

# 2019 Health Unlimited's "Be A Swimmer" Summer Lesson Schedule

**Weekday Summer Session 1 – Morning classes:** June 20<sup>th</sup> – June 27<sup>th</sup>

*\* Morning classes for this first session only, will meet Thursday & Friday of the first week, then Monday thru Thursday for the second week, each class for this session will be 40 minutes )*

**Weekday Summer Session 1 – Afternoon classes:** June 17<sup>th</sup> – June 27<sup>th</sup>

(Classes meet Monday – Thursday both weeks)

**Weekday Summer Session 2:** July 8<sup>th</sup> – July 18<sup>th</sup>

(Both morning and afternoon classes meet Monday thru Thursday both weeks)

**Weekday Summer Session 3:** July 22<sup>nd</sup> – August 1<sup>st</sup>

(Both morning and afternoon classes meet Monday thru Thursday both weeks)



**Saturday Summer Session:**

June 22<sup>nd</sup> – Aug 3<sup>rd</sup>

*\*No swim lessons July 6<sup>th</sup>*

*Member Registration: May 15<sup>th</sup>*

*Non-Member Registration: May 29<sup>th</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.

Saturday	June 22 <sup>nd</sup> – Aug 3 <sup>rd</sup> (No lessons July 6 <sup>th</sup> )	Only Saturdays	8:20am – 9am 9:40am – 10:20am
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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	June 22 <sup>nd</sup> – Aug 3 <sup>rd</sup> (No lessons July 6 <sup>th</sup> )	Only Saturdays	8:20am – 9am 9am – 9:40am
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**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	June 17 <sup>th</sup> – June 27 <sup>th</sup>	Monday - Thursday	5pm – 5:30pm
	June 20 <sup>th</sup> – June 27 <sup>th</sup>	Thurs. 6/20 & Fri. 6/21 Mon. 6/24-Thurs. 6/27	9:45am – 10:25am
Session 2	July 8 <sup>th</sup> – July 18 <sup>th</sup>	Monday - Thursday	9:50am – 10:20am
			5pm – 5:30pm
Session 3	July 22 <sup>nd</sup> – August 1 <sup>st</sup>	Monday - Thursday	9:50am – 10:20am
			5pm – 5:30pm
Saturday	June 22 <sup>nd</sup> – Aug 3 <sup>rd</sup> ( <i>No lessons July 6<sup>th</sup></i> )	Only Saturdays	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	June 17 <sup>th</sup> – June 27 <sup>th</sup>	Monday - Thursday	5pm – 5:30pm
	June 20 <sup>th</sup> – June 27 <sup>th</sup>	Thurs. 6/20 & Fri. 6/21 Mon. 6/24-Thurs. 6/27	9am – 9:40am 10:30am – 11:10am 11:50am – 12:30pm
Session 2	July 8 <sup>th</sup> – July 18 <sup>th</sup>	Monday - Thursday	9:10am – 9:40am 10:30am – 11am 11:50am – 12:20pm
			5pm – 5:30pm
Session 3	July 22 <sup>nd</sup> – August 1 <sup>st</sup>	Monday - Thursday	9:10am – 9:40am 10:30am – 11am 11:50am – 12:20pm
			5pm – 5:30pm
Saturday	June 22 <sup>nd</sup> – Aug 3 <sup>rd</sup> ( <i>No lessons July 6<sup>th</sup></i> )	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 to submerge their entire face. Skills taught include unsupported flutter kick (front/back), unsupported front/back floats with glide, rhythmic breathing and front crawl. Class size maximum 4.

Session 1	June 17 <sup>th</sup> – June 27 <sup>th</sup>	Monday - Thursday	5pm – 5:30pm 6:20pm – 6:50pm
	June 20 <sup>th</sup> – June 27 <sup>th</sup>	Thurs. 6/20 & Fri. 6/21 Mon. 6/24-Thursday 6/27	9am – 9:40am 10:30am – 11:10am 11:50am – 12:30pm
Session 2	July 8 <sup>th</sup> – July 18 <sup>th</sup>	Monday - Thursday	9:10am – 9:40am 10:30am – 11am 11:50am – 12:20pm
			5pm – 5:30pm 6:20pm – 6:50pm
Session 3	July 22 <sup>nd</sup> – August 1 <sup>st</sup>	Monday - Thursday	9:10am – 9:40am 10:30am – 11am 11:50am – 12:20pm
			5pm – 5:30pm 6:20pm – 6:50pm
Saturday	June 22 <sup>nd</sup> – Aug 3 <sup>rd</sup> <i>(No lessons July 6<sup>th</sup>)</i>	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, and flutter kick on their front and back without instructor assistance or floatation device. They should be comfortable fully submerging. The kids will be introduced 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 17 <sup>th</sup> – June 27 <sup>th</sup>	Monday - Thursday	5:40pm – 6:10pm 6:20pm – 6:50pm
	June 20 <sup>th</sup> – June 27 <sup>th</sup>	Thurs. 6/20 & Fri. 6/21 Mon. 6/24-Thursday 6/27	9am – 9:40am 11:10am – 11:50am
Session 2	July 8 <sup>th</sup> – July 18 <sup>th</sup>	Monday - Thursday	9:10am – 9:40am 11:10am – 11:40am
			5:40pm – 6:10pm 6:20pm – 6:50pm
Session 3	July 22 <sup>nd</sup> – August 1 <sup>st</sup>	Monday - Thursday	9:10am – 9:40am 11:10am – 11:40am
			5:40pm – 6:10pm 6:20pm – 6:50pm
Saturday	June 22 <sup>nd</sup> – Aug 3 <sup>rd</sup> <i>(No lessons July 6<sup>th</sup>)</i>	Only Saturdays	9:50am – 10:30am 10:40am – 11:20am

**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 5.

Session 1	June 17 <sup>th</sup> – June 27 <sup>th</sup>	Monday - Thursday	4:20pm – 4:50pm 6:20pm – 6:50pm
	June 20 <sup>th</sup> – June 27 <sup>th</sup>	Thurs. 6/20 & Fri. 6/21 Mon. 6/24- Thurs. 6/27	11:50am – 12:30pm
Session 2	July 8 <sup>th</sup> – July 18 <sup>th</sup>	Monday - Thursday	11:50am – 12:20pm
			4:20pm – 4:50pm 6:20pm – 6:50pm
Session 3	July 22 <sup>nd</sup> – August 1 <sup>st</sup>	Monday - Thursday	11:50am – 12:20pm
			4:20pm – 4:50pm 6:20pm – 6:50pm
Saturday	June 22 <sup>nd</sup> – Aug 3 <sup>rd</sup> <i>(No lessons July 6<sup>th</sup>)</i>	Only Saturdays	8:20am – 9am

**Youth Beginner 1 (6yrs – 11yrs):** 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 17 <sup>th</sup> – June 27 <sup>th</sup>	Monday - Thursday	5pm – 5:30pm 5:40pm – 6:10pm
	June 20 <sup>th</sup> – June 27 <sup>th</sup>	Thurs. 6/20 & Fri. 6/21 Mon. 6/24- Thurs. 6/27	9:45am – 10:25am 11:10am – 11:50am
Session 2	July 8 <sup>th</sup> – July 18 <sup>th</sup>	Monday - Thursday	9:50am – 10:20am 11:10am – 11:40am
			5:40pm – 6:10pm
Session 3	July 22 <sup>nd</sup> – August 1 <sup>st</sup>	Monday - Thursday	9:50am – 10:20am 11:10am – 11:40am
			5pm – 5:30pm 5:40pm – 6:10pm
Saturday	June 22 <sup>nd</sup> – Aug 3 <sup>rd</sup> <i>(No lessons July 6<sup>th</sup>)</i>	Only Saturdays	9:50am – 10:30am 11:30am – 12:10pm

**Youth Beginner 2 (6yrs – 11yrs):** 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	June 17 <sup>th</sup> – June 27 <sup>th</sup>	Monday - Thursday	5:40pm – 6:10pm 6:20pm – 6:50pm
	June 20 <sup>th</sup> – June 27 <sup>th</sup>	Thurs. 6/20 & Fri. 6/21 Mon. 6/24-Thurs. 6/27	9:45am – 10:25am 11:10am – 11:50am
Session 2	July 8 <sup>th</sup> – July 18 <sup>th</sup>	Monday - Thursday	9:50am – 10:20am 11:10am – 11:40am
			5:40pm – 6:10pm 6:20pm – 6:50pm
Session 3	July 22 <sup>nd</sup> – August 1 <sup>st</sup>	Monday - Thursday	9:50am – 10:20am 11:10am – 11:40am
			5:40pm – 6:10pm 6:20pm – 6:50pm
Saturday	June 22 <sup>nd</sup> – Aug 3 <sup>rd</sup> (No lessons July 6 <sup>th</sup> )	Only Saturdays	9:50am – 10:30am 11:30am – 12:10pm

**Youth Intermediate 1 (6yrs – 11yrs):** 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 17 <sup>th</sup> – June 27 <sup>th</sup>	Monday - Thursday	4:20pm – 4:50pm
	June 20 <sup>th</sup> – June 27 <sup>th</sup>	Thurs. 6/20 & Fri. 6/21 Mon. 6/24-Thurs. 6/27	10:30am – 11:10am 11:50am – 12:30pm
Session 2	July 8 <sup>th</sup> – July 18 <sup>th</sup>	Monday - Thursday	10:30am – 11am 11:50am – 12:20pm
			6:20pm – 6:50pm
Session 3	July 22 <sup>nd</sup> – August 1 <sup>st</sup>	Monday - Thursday	10:30am – 11am 11:50am – 12:20pm
			5:40pm – 6:10pm
Saturday	June 22 <sup>nd</sup> – Aug 3 <sup>rd</sup> (No lessons July 6 <sup>th</sup> )	Only Saturdays	9am – 9:40am 11:30am – 12:10pm

**Youth Intermediate 2 (6yrs – 11yrs):** 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 6.

Session 1	June 17 <sup>th</sup> – June 27 <sup>th</sup>	Monday - Thursday	5:40pm – 6:10pm
	June 20 <sup>th</sup> – June 27 <sup>th</sup>	Thurs. 6/20 & Fri. 6/21 Mon. 6/24-Thurs. 6/27	9:45am – 10:25am
Session 2	July 8 <sup>th</sup> – July 18 <sup>th</sup>	Monday - Thursday	9:40am – 10:10am
			5pm – 5:30pm
Session 3	July 22 <sup>nd</sup> – August 1 <sup>st</sup>	Monday - Thursday	9:40am – 10:10am
			6:20pm – 6:50pm
Saturday	June 22 <sup>nd</sup> – Aug 3 <sup>rd</sup> (No lessons July 6 <sup>th</sup> )	Only Saturdays	9:50am – 10:30am

**Youth Advanced (6yrs – 12yrs):** Swimmers refine and build endurance in freestyle, backstroke, breaststroke, and butterfly strokes. Class size maximum 7.

Session 1	June 17 <sup>th</sup> – June 27 <sup>th</sup>	Monday - Thursday	6:20pm – 6:50pm
	June 20 <sup>th</sup> – June 27 <sup>th</sup>	Thurs. 6/20 & Fri. 6/21 Mon. 6/24-Thurs. 6/27	10:30am – 11:10am
Session 2	July 8 <sup>th</sup> – July 18 <sup>th</sup>	Monday - Thursday	10:30am – 11am
			5:40pm – 6:10pm
Session 3	July 22 <sup>nd</sup> – August 1 <sup>st</sup>	Monday - Thursday	10:30am – 11am
			5pm – 5:30pm
Saturday	June 22 <sup>nd</sup> – Aug 3 <sup>rd</sup> (No lessons July 6 <sup>th</sup> )	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, treading water, freestyle swimming, and be introduced to backstroke. Class maximum 4.

Session 1	June 17 <sup>th</sup> – June 27 <sup>th</sup>	Monday - Thursday	4:20pm – 4:50pm
	June 20 <sup>th</sup> – June 27 <sup>th</sup>	Thurs. 6/20 & Fri. 6/21 Mon. 6/24-Thurs. 6/27	9am – 9:40am 11:50am – 12:30pm
Session 2	July 8 <sup>th</sup> – July 18 <sup>th</sup>	Monday - Thursday	9:10am – 9:40am 11:50am – 12:20pm
			5pm – 5:30pm
Session 3	July 22 <sup>nd</sup> – August 1 <sup>st</sup>	Monday - Thursday	9:10am – 9:40am 11:50am – 12:20pm 4:20pm – 4:50pm
Saturday	June 22 <sup>nd</sup> – Aug 3 <sup>rd</sup> (No lessons July 6 <sup>th</sup> )	Only Saturdays	11:30am – 12:10pm

**Teen Intermediate (ages 12-17yrs):** Swimmers work on developing freestyle with rotary breathing, backstroke and will be introduced to breaststroke and butterfly.

Class size maximum 5.

Session 1	June 17 <sup>th</sup> – June 27 <sup>th</sup>	Monday - Thursday	5pm – 5:30pm
	June 20 <sup>th</sup> – June 27 <sup>th</sup>	Thurs. 6/20 & Fri. 6/21 Mon. 6/24-Thurs. 6/27	11:10am – 11:50am
Session 2	July 8 <sup>th</sup> – July 18 <sup>th</sup>	Monday - Thursday	11:10am – 11:40am
			4:20pm – 4:50pm
Session 3	July 22 <sup>nd</sup> – August 1 <sup>st</sup>	Monday - Thursday	11:10am – 11:40am
			6:20pm – 6:50pm
Saturday	June 22 <sup>nd</sup> – Aug 3 <sup>rd</sup> ( <i>No lessons July 6<sup>th</sup></i> )	Only Saturdays	11:30am – 12:10pm

**Teen Advanced (ages 12-17yrs):** Swimmers must be proficient in freestyle and backstroke. Class will continue to work on skills and proficiency in breaststroke and butterfly. Swimmers will also continue to build their endurance with challenging drills and longer swims.

Class size maximum 6.

Session 1	June 20 <sup>th</sup> – June 27 <sup>th</sup>	Thurs. 6/20 & Fri. 6/21 Mon. 6/24-Thurs. 6/27	11:10am – 11:50am
Session 2	July 8 <sup>th</sup> – July 18 <sup>th</sup>	Monday - Thursday	11:10am – 11:40am
Session 3	July 22 <sup>nd</sup> – August 1 <sup>st</sup>	Monday - Thursday	11:10am – 11:40am
			4:20pm – 4:50pm
Saturday	June 22 <sup>nd</sup> – Aug 3 <sup>rd</sup> ( <i>No lessons July 6<sup>th</sup></i> )	Only Saturdays	11:30am – 12:10pm

## ***Adult Swimming:***

**Beginner 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 5 participants.

***No class July 2<sup>nd</sup> - 6<sup>th</sup> (Independence Day Break)***

***Please see separate flyer or contact front desk for pricing information.***

Summer Session	June 14 <sup>th</sup> – July 26 <sup>th</sup>	Friday	12:30pm – 1:15pm
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**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.

Class size limited to 5 participants.

***No class July 2<sup>nd</sup> - 6<sup>th</sup> (Independence Day Break)***

***Please see separate flyer or contact front desk for pricing information.***

Summer Session	June 11 <sup>th</sup> – July 25 <sup>th</sup>	Tuesday & Thursday	11:30am – 12:30pm
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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 by phone: 301-829-9730 ext. 105, or by email: [aquatics@myhealthunlimited.com](mailto:aquatics@myhealthunlimited.com)