

Health Unlimited's
"BE A SWIMMER"
 2020 Winter Group Lesson Schedule
Updated: 12/3/19

Member Registration: Wednesday, January 29th
Non-Member Registration: Wednesday, February 12th



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

Weekday Winter Session: March 2nd – March 26th
Weekday classes are 30 minutes each, and meet 2x per week for 4 weeks

Saturday Winter Session 2: February 22nd – March 28th
Saturday classes are 40 minutes each, and meet once per week for 6 weeks

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 Winter 2 | February 22 nd – March 28 th | Saturday | 8:20am – 9am |
|-------------------|--|----------|--------------|

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 Winter 2 | February 22 nd – March 28 th | Saturday | 9:05am – 9:45am |
|-------------------|--|----------|-----------------|

Preschool Independent Water Skills (For ages 2 ½ to 3 ½ yrs): 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.

| | | | |
|-------------------|--|--------------------|-----------------|
| Weekday Winter | March 2 nd – March 25 th | Monday & Wednesday | 9:20am – 9:50am |
| | March 3 rd – March 26 th | Tuesday & Thursday | 5pm – 5:30pm |
| Saturday Winter 2 | February 22 nd – March 28 th | Saturday | 9am – 9:40am |

Preschool Beginner 1 (For 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.

| | | | |
|-------------------|--|--------------------|--|
| Weekday Winter | March 2 nd – March 25 th | Monday & Wednesday | 9:20am – 9:50am 5pm – 5:30pm |
| | March 3 rd – March 26 th | Tuesday & Thursday | 10:20am – 10:50am 5pm – 5:30pm 6:20pm – 6:50pm |
| Saturday Winter 2 | February 22 nd – March 28 th | 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.

| | | | |
|-------------------|--|--------------------|--|
| Weekday Winter | March 2 nd – March 25 th | Monday & Wednesday | 9:20am – 9:50am 5pm – 5:30pm 5:40pm – 6:10pm |
| | March 3 rd – March 26 th | Tuesday & Thursday | 10:20am – 10:50am 5pm – 5:30pm 6:20pm – 6:50pm |
| Saturday Winter 2 | February 22 nd – March 28 th | 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.

| | | | |
|-------------------|--|--------------------|---|
| Weekday Winter | March 2 nd – March 25 th | Monday & Wednesday | 10am – 10:30am 4:20pm – 4:50pm 5:40pm – 6:10pm |
| | March 3 rd – March 26 th | Tuesday & Thursday | 10:20am – 10:50am 11am – 11:30am 5:40pm – 6:10pm 6:20pm – 6:50pm |
| Saturday Winter 2 | February 22 nd – March 28 th | 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.

| | | | |
|-------------------|--|--------------------|-----------------------------------|
| Weekday Winter | March 2 nd – March 25 th | Monday & Wednesday | 10am – 10:30am 4:20pm – 4:50pm |
| | March 3 rd – March 26 th | Tuesday & Thursday | 11am – 11:30am 4:20pm – 4:50pm |
| Saturday Winter 2 | February 22 nd – March 28 th | 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.

| | | | |
|-------------------|--|--------------------|---------------------------------------|
| Weekday Winter | March 2 nd – March 25 th | Monday & Wednesday | 5pm – 5:30pm 5:40pm – 6:10pm |
| | March 3 rd – March 26 th | Tuesday & Thursday | 5:40pm – 6:10pm |
| Saturday Winter 2 | February 22 nd – March 28 th | 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.

| | | | |
|-------------------|--|--------------------|--|
| Weekday Winter | March 2 nd – March 25 th | Monday & Wednesday | 5:40pm – 6:10pm 6:30pm – 7pm |
| | March 3 rd – March 26 th | Tuesday & Thursday | 5pm – 5:30pm 5:40pm – 6:10pm 6:20pm – 6:50pm |
| Saturday Winter 2 | February 22 nd – March 28 th | 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 and butterfly kick. 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.

| | | | |
|-------------------|--|--------------------|-----------------------------------|
| Weekday Winter | March 2 nd – March 25 th | Monday & Wednesday | 4:20pm – 4:50pm |
| | March 3 rd – March 26 th | Tuesday & Thursday | 5pm – 5:30pm |
| Saturday Winter 2 | February 22 nd – March 28 th | 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 further introduced to butterfly. Swimmers will also continue to build their endurance with challenging drills and longer swims. Class size maximum 7.

| | | | |
|-------------------|--|--------------------|------------------|
| Weekday Winter | March 2 nd – March 25 th | Monday & Wednesday | 6:30pm- 7pm |
| Saturday Winter 2 | February 22 nd – March 28 th | 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.

| | | | |
|-------------------|--|--------------------|-------------------|
| Weekday Winter | March 2 nd – March 25 th | Monday & Wednesday | 6:30pm- 7pm |
| Saturday Winter 2 | February 22 nd – March 28 th | 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.

| | | | |
|-------------------|--|--------------------|------------------------------------|
| Weekday Winter | March 3 rd – March 26 th | Tuesday & Thursday | 4:20pm – 4:50pm 6:20pm – 6:50pm |
| Saturday Winter 2 | February 22 nd – March 28 th | 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.

| | | | |
|-------------------|--|--------------------|-------------------|
| Weekday Winter | March 3 rd – March 26 th | Tuesday & Thursday | 4:20pm – 4:50pm |
| Saturday Winter 2 | February 22 nd – March 28 th | 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

Looking ahead → Spring Group Swim Lessons



Member Registration: Wednesday, March 25th

Non-Member Registration: Wednesday, April 8th

Weekday Classes (4 weeks):

Spring Session 1: April 14th – May 11th

Spring Session 2: May 26th – June 22nd

Saturday Classes (6 weeks): April 18th – May 30th

(No Class on May 23rd for Memorial Day Holiday)