

Health Unlimited's  
**"BE A SWIMMER"**

**2019 Winter Group Lesson Schedule**

Updated: 12/19/18

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

**Saturday Winter Session 1: January 12<sup>th</sup> – February 16<sup>th</sup>**

**Winter Session 2: March 2<sup>nd</sup> – April 6<sup>th</sup>**



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

**Weekday Winter Session: February 25<sup>th</sup> – March 21<sup>st</sup>**

**Member Registration: Wednesday, December 19<sup>th</sup>**

**Non-Member Registration: Wednesday, January 2<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 Winter 2	March 2 <sup>nd</sup> – April 6 <sup>th</sup>	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 Winter 2	March 2 <sup>nd</sup> – April 6 <sup>th</sup>	Saturday	9:45am – 10:25am
-------------------	---	----------	------------------

---

**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.

Saturday Winter 1	January 12 <sup>th</sup> – February 16 <sup>th</sup>	Saturday	9am – 9:40am
Weekday Winter	February 25 <sup>th</sup> – March 20 <sup>th</sup>	Monday & Wednesday	9:20am – 9:50am 5pm – 5:30pm
Saturday Winter 2	March 2 <sup>nd</sup> – April 6 <sup>th</sup>	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.

Saturday Winter 1	January 12 <sup>th</sup> – February 16 <sup>th</sup>	Saturday	9am – 9:40am 10:40am – 11:20am
Weekday Winter	February 25 <sup>th</sup> – March 21 <sup>st</sup>	Monday & Wednesday	9:20am – 9:50am 5pm – 5:30pm
		Tuesday & Thursday	9:20am – 9:50am 5pm – 5:30pm 6:20pm – 6:50pm
Saturday Winter 2	March 2 <sup>nd</sup> – April 6 <sup>th</sup>	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.

Saturday Winter 1	January 12 <sup>th</sup> – February 16 <sup>th</sup>	Saturday	9am – 9:40am 10:40am – 11:20am
Weekday Winter	February 25 <sup>th</sup> – March 21 <sup>st</sup>	Monday & Wednesday	9:20am – 9:50am 5pm – 5:30pm 5:40pm – 6:10pm
		Tuesday & Thursday	9:20am – 9:50am 5pm – 5:30pm 6:20pm – 6:50pm
Saturday Winter 2	March 2 <sup>nd</sup> – April 6 <sup>th</sup>	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.

Saturday Winter 1	January 12 <sup>th</sup> – February 16 <sup>th</sup>	Saturday	9:50am – 10:30am 10:40am – 11:20am
Weekday Winter	February 25 <sup>th</sup> – March 21 <sup>st</sup>	Monday & Wednesday	10am – 10:30am 4:20pm – 4:50pm 5pm – 5:30pm
		Tuesday & Thursday	10am – 10:30am 5:40pm – 6:10pm
Saturday Winter 2	March 2 <sup>nd</sup> – April 6 <sup>th</sup>	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.

Saturday Winter 1	January 12 <sup>th</sup> – February 16 <sup>th</sup>	Saturday	8:15am – 8:55am 11:30am – 12:10pm
Weekday Winter	February 25 <sup>th</sup> – March 21 <sup>st</sup>	Monday & Wednesday	10am – 10:30am 4:20pm – 4:50pm
		Tuesday & Thursday	10am – 10:30am 4:20pm – 4:50pm 5:40pm – 6:10pm
Saturday Winter 2	March 2 <sup>nd</sup> – April 6 <sup>th</sup>	Saturday	8:15am – 8:55am 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.

Saturday Winter 1	January 12 <sup>th</sup> – February 16 <sup>th</sup>	Saturday	9:50am – 10:30am 11:30am – 12:10pm
Weekday Winter	February 25 <sup>th</sup> – March 21 <sup>st</sup>	Monday & Wednesday	5:40pm – 6:10pm
		Tuesday & Thursday	5:40pm – 6:10pm
Saturday Winter 2	March 2 <sup>nd</sup> – April 6 <sup>th</sup>	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.

Saturday Winter 1	January 12 <sup>th</sup> – February 16 <sup>th</sup>	Saturday	9:50am – 10:30am 11:30am – 12:10pm
Weekday Winter	February 25 <sup>th</sup> – March 21 <sup>st</sup>	Monday & Wednesday	5:40pm – 6:10pm 6:20pm – 6:50pm
		Tuesday & Thursday	5pm – 5:30pm 6:20pm – 6:50pm
Saturday Winter 2	March 2 <sup>nd</sup> – April 6 <sup>th</sup>	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.

Saturday Winter 1	January 12 <sup>th</sup> – February 16 <sup>th</sup>	Saturday	9am – 9:40am 11:30am – 12:10pm
Weekday Winter	February 25 <sup>th</sup> – March 21 <sup>st</sup>	Monday & Wednesday	4:20pm – 4:50pm
		Tuesday & Thursday	5pm – 5:30pm
Saturday Winter 2	March 2 <sup>nd</sup> – April 6 <sup>th</sup>	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.

Saturday Winter 1	January 12 <sup>th</sup> – February 16 <sup>th</sup>	Saturday	9:50am – 10:30am
Weekday Winter	February 25 <sup>th</sup> – March 20 <sup>th</sup>	Monday & Wednesday	6:30pm- 7pm
Saturday Winter 2	March 2 <sup>nd</sup> – April 6 <sup>th</sup>	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.

Saturday Winter 1	January 12 <sup>th</sup> – February 16 <sup>th</sup>	Saturday	10:40am – 11:20am
Weekday Winter	February 26 <sup>th</sup> – March 21 <sup>st</sup>	Tuesday & Thursday	6:30pm- 7pm
Saturday Winter 2	March 2 <sup>nd</sup> – April 6 <sup>th</sup>	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.

Saturday Winter 1	January 12 <sup>th</sup> – February 16 <sup>th</sup>	Saturday	9:45am – 10:25am 11:30am – 12:10pm
Weekday Winter	February 25 <sup>th</sup> – March 21 <sup>st</sup>	Monday & Wednesday	5:40pm – 6:10pm
		Tuesday & Thursday	4:20pm – 4:50pm 6:20pm – 6:50pm
Saturday Winter 2	January 12 <sup>th</sup> – February 16 <sup>th</sup>	Saturday	9:45am – 10:25am 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.

Saturday Winter 1	January 12 <sup>th</sup> – February 16 <sup>th</sup>	Saturday	11:30am – 12:10pm
Weekday Winter	March 11 <sup>th</sup> – April 4 <sup>th</sup>	Monday & Wednesday	4:20pm – 4:50pm
		Tuesday & Thursday	4:20pm – 4:50pm 6:20pm – 6:50pm
Saturday Winter 2	January 12 <sup>th</sup> – February 16 <sup>th</sup>	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](mailto:aquatics@myhealthunlimited.com)