



## Summer is coming!

In preparation, group swim lessons are returning to Health Unlimited this spring, in a limited capacity and under the following guidelines:

- No more than four swimmers to a group
- Only three swim groups in the pool at a time
- Only one adult per child allowed on pool deck during lesson (adults must wear masks)
- Instructors will be wearing face shields, so the kids can see their smiling faces - swimmers will not be in masks
- Classes meet once per week for 30 minutes

If you think you have a credit from the lesson session that was interrupted last year, please call us at 301-829-9730 to register.

## Health Unlimited's "Be A Swimmer" Spring 2021 Group Lesson Schedule

*Updated: 4/15/21*



**Weekday Classes are 30 minutes each, and meet 1x per week for 4 weeks**

**Spring Weekday Session: May 17<sup>th</sup> – June 14<sup>th</sup>**

*Member Registration: Monday, April 19<sup>th</sup>*

*Non-Member Registration: Monday, April 26<sup>th</sup>*

*Registration begins at 8am at Health Unlimited or online at*

*[www.myhealthunlimited.com](http://www.myhealthunlimited.com)*

**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.

May 17 <sup>th</sup> – June 14 <sup>th</sup> <b>*No class May 31<sup>st</sup> – Memorial Day</b>	Monday	11am – 11:30am 5:45pm – 6:15pm
May 18 <sup>th</sup> – June 8 <sup>th</sup>	Tuesday	11am – 11:30am 5pm – 5:30pm
May 19 <sup>th</sup> – June 9 <sup>th</sup>	Wednesday	11am – 11:30am
May 20 <sup>th</sup> – June 10 <sup>th</sup>	Thursday	-

**Preschool Beginner 2 (3 ½ to 5yrs):** This class is designed for the child who is comfortable in the water and willingly 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.

May 17 <sup>th</sup> – June 14 <sup>th</sup> <b>*No class May 31<sup>st</sup> – Memorial Day</b>	Monday	11am – 11:30am
May 18 <sup>th</sup> – June 8 <sup>th</sup>	Tuesday	-
May 19 <sup>th</sup> – June 9 <sup>th</sup>	Wednesday	11am – 11:30am 5:45pm – 6:15pm
May 20 <sup>th</sup> – June 10 <sup>th</sup>	Thursday	11am – 11:30am 5pm – 5:30pm

**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.

May 17 <sup>th</sup> – June 14 <sup>th</sup> <b>*No class May 31<sup>st</sup> – Memorial Day</b>	Monday	5:45pm – 6:15pm
May 18 <sup>th</sup> – June 8 <sup>th</sup>	Tuesday	11am – 11:30am
May 19 <sup>th</sup> – June 9 <sup>th</sup>	Wednesday	5:45pm – 6:15pm
May 20 <sup>th</sup> – June 10 <sup>th</sup>	Thursday	11am – 11:30am

**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.

May 18 <sup>th</sup> – June 8 <sup>th</sup>	Tuesday	5pm – 5:30pm
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**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.

May 19 <sup>th</sup> – June 9 <sup>th</sup>	Thursday	5pm – 5:30pm
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### **Private Lessons**

We do have private and semi-private lessons (2 or 3 swimmers-1 instructor) available for children (4 years old or higher) and adults. Registration forms are available at the Front Desk, and payment is due at the time of registration prior to the first lesson.

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)

### **Looking ahead.... Summer Swim Lessons!**

We are planning a full schedule of group swim lessons in 3 sessions this summer:

1. June 28<sup>th</sup> – July 8<sup>th</sup>
2. July 12<sup>th</sup> – July 22<sup>nd</sup>
3. July 26<sup>th</sup> – August 5<sup>th</sup>

Each session will be 2 weeks long, with each class meeting 4 days per week (Monday thru Thursday). There will be classes offered in the mornings and the evenings – you choose which class schedule best suits your schedule!

**Registration** dates for the summer sessions will be:

Members - June 2<sup>nd</sup>      Nonmembers - June 16<sup>th</sup>