

2021 Health Unlimited's "Be A Swimmer" Summer Lesson Schedule

Weekday Summer Session 1: June 21st – July 1st

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

Weekday Summer Session 2: July 12th – July 22nd

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

Weekday Summer Session 3: July 26th – August 5th

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



Saturday Summer Session:

June 19th – July 31st

**No swim lessons July 3rd*

Member Registration: May 19th

Non-Member Registration: June 2nd

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.

Saturday	June 19 th – July 31 st (No lessons July 3 rd)	Only Saturdays	8:20-9:00am
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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 19 th – July 31 st (No lessons July 3 rd)	Only Saturdays	9:00-9:40am
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Preschool Independent Water Skills (Ages 2 ½ - 3 years) This class is designed specifically for the child just graduating from a Water Babies. 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 21 st – July 1 st	Monday - Thursday	9:30am – 10am
			4:10pm – 4:40pm
Session 2	July 12 th – July 22 nd	Monday - Thursday	9:30am – 10am
			4:10pm – 4:40pm
Session 3	July 26 th – August 5 th	Monday - Thursday	9:30am – 10am
			4:10pm – 4:40pm
Saturday	June 19 th – July 31 st (No lessons July 3 rd)	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 21 st – July 1 st	Monday - Thursday	9:30am – 10am 10:50am – 11:20am
			4:10pm – 4:40pm 5:30pm – 6pm
Session 2	July 12 th – July 22 nd	Monday - Thursday	9:30am – 10am 10:50am – 11:20am
			4:10pm – 4:40pm 5:30pm – 6pm
Session 3	July 26 th – August 5 th	Monday - Thursday	9:30am – 10am 10:50am – 11:20am
			4:10pm – 4:40pm 5:30pm – 6pm
Saturday	June 19 th – July 31 st (No lessons July 3 rd)	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 21 st – July 1 st	Monday - Thursday	9:30am – 10am 10:50am – 11:20am
			4:10pm – 4:40pm 5:30pm – 6pm
Session 2	July 12 th – July 22 nd	Monday - Thursday	9:30am – 10am 10:50am – 11:20am
			4:10pm – 4:40pm 5:30pm – 6pm
Session 3	July 26 th – August 5 th	Monday - Thursday	9:30am – 10am 10:50am – 11:20am
			4:10pm – 4:40pm 5:30pm – 6pm
Saturday	June 19 th – July 31 st (No lessons July 3 rd)	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 21 st – July 1 st	Monday - Thursday	10:10am – 10:40am
			4:50pm – 5:20pm 5:30pm – 6:00pm
Session 2	July 12 th – July 22 nd	Monday - Thursday	10:10am – 10:40am
			4:50pm – 5:20pm 5:30pm – 6:00pm
Session 3	July 26 th – August 5 th	Monday - Thursday	10:10am – 10:40am
			4:50pm – 5:20pm 5:30pm – 6:00pm
Saturday	June 19 th – July 31 st <i>(No lessons July 3rd)</i>	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 4.

Saturday	June 19 th – July 31 st <i>(No lessons July 3rd)</i>	Only Saturdays	10:40am – 11:20am
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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 21 st – July 1 st	Monday - Thursday	10:10am – 10:40am 11:30am – 12:00pm
			4:50pm – 5:20pm 6:10pm – 6:40pm
Session 2	July 12 th – July 22 nd	Monday - Thursday	10:10am – 10:40am 11:30am – 12:00pm
			4:50pm – 5:20pm 6:10pm – 6:40pm
Session 3	July 26 th – August 5 th	Monday - Thursday	10:10am – 10:40am 11:30am – 12:00pm
			4:50pm – 5:20pm 6:10pm – 6:40pm
Saturday	June 19 th – July 31 st (No lessons July 3 rd)	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 21 st – July 1 st	Monday - Thursday	10:10am – 10:40am 11:30am – 12:00pm
			4:50pm – 5:20pm 6:10pm – 6:40pm
Session 2	July 12 th – July 22 nd	Monday - Thursday	10:10am – 10:40am 11:30am – 12:00pm
			4:50pm – 5:20pm 6:10pm – 6:40pm
Session 3	July 26 th – August 5 th	Monday - Thursday	10:10am – 10:40am 11:30am – 12:00pm
			4:50pm – 5:20pm 6:10pm – 6:40pm
Saturday	June 19 th – July 31 st (No lessons July 3 rd)	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 5.

Session 1	June 21 st – July 1 st	Monday - Thursday	10:50am – 11:20am
			6:30pm – 7pm
Session 2	July 12 th – July 22 nd	Monday - Thursday	10:50am – 11:20am
			6:30pm – 7pm
Session 3	July 26 th – August 5 th	Monday - Thursday	10:50am – 11:20am
Saturday	June 19 th – July 31 st <i>(No lessons July 3rd)</i>	Only Saturdays	9am – 9:40am

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 21 st – July 1 st	Monday - Thursday	11:30am – 12:00pm
			6:30pm – 7pm
Session 2	July 12 th – July 22 nd	Monday - Thursday	11:30am – 12:00pm
			6:30pm – 7pm
Session 3	July 26 th – August 5 th	Monday - Thursday	11:30am – 12:00pm
			6:30pm – 7pm
Saturday	June 19 th – July 31 st <i>(No lessons July 3rd)</i>	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 21 st – July 1 st	Monday - Thursday	11:30am – 12:00pm
Session 2	July 12 th – July 22 nd	Monday - Thursday	11:30am – 12:00pm
Session 3	July 26 th – August 5 th	Monday - Thursday	11:30am – 12:00pm
			6:30pm – 7pm
Saturday	June 19 th – July 31 st <i>(No lessons July 3rd)</i>	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 21 st – July 1 st	Monday - Thursday	4:10pm – 4:40pm
Session 2	July 12 th – July 22 nd	Monday - Thursday	4:10pm – 4:40pm
Session 3	July 26 th – August 5 th	Monday - Thursday	4:10pm – 4:40pm
Saturday	June 19 th – July 31 st (No lessons July 3 rd)	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.

Saturday	June 19 th – July 31 st (No lessons July 3 rd)	Only Saturdays	11:30am – 12:10pm
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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