

# Health Unlimited's "Be A Swimmer"

## 2025 Summer Group Lesson Schedule

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

Saturday Summer Session: June 14<sup>th</sup> – July 26<sup>th</sup> (No class Saturday, July 5<sup>th</sup>)

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

Weekday Summer Session 1: June 16<sup>th</sup> - June 26<sup>th</sup>

Weekday Summer Session 2: July 7<sup>th</sup> - July 17<sup>th</sup>

Weekday Summer Session 3: July 21<sup>st</sup> – July 31<sup>st</sup>

**Member Registration: Wednesday, May 21<sup>st</sup>**

**Non-Member Registration: Wednesday, May 28<sup>th</sup>**

**Registration begins at 8am at Health Unlimited or online at [www.myhealthunlimited.com](http://www.myhealthunlimited.com)**

**Lesson Fees: Member: \$59.50 Nonmember: \$119**

**Cancellations:** Health Unlimited may consolidate, or cancel a class if registration is insufficient. A full refund will be given should the class be cancelled.

**Coming and Going:** Entering and exiting for all swim lessons must be made through the **front door only** at all times. Parents or guardians of children under the age of 12 **must** remain in the Health Unlimited building **at all times**.

**Withdrawal Policy:** If a student withdraws from a class at least 7 days prior to the start of the class, a credit or refund will be given. If notification is given less than 7 days prior to the start of a class, a refund will only be given if we are able to fill the vacancy. A \$15 processing fee will be deducted from all refunds. No refunds will be given once the class has started.

**Make-up Classes:** No make-ups or refunds for missed classes will be provided for any reason. Classes that are cancelled by Health Unlimited will be rescheduled or additional time may be added to remaining classes.

**Expectations:** Swimming is an activity that requires lots of practice. In most cases parents should expect their swimmer to repeat the level they are currently in, at least a couple of times, until the key skills of that level are mastered.

**Capacities:** Health Unlimited may increase a class size to ensure swimmers are in the correct class in special cases once the session begins.

**Swim Attire:** Swimming goggles are recommended. Students should wear comfortable, tight-fitting swimsuits. Rash guard shirts are not advised to be worn in the water. It makes swimming harder by causing drag, restricting arm movements, retaining water, and makes the swimmer colder. Long hair should be pulled back in ponytail or worn in a swim cap.

*By registering for a class, you have read, acknowledged, and agree to procedures and policies of Health Unlimited.*

## PARENT/CHILD CLASSES – AGES 6 MONTHS TO 4 YEARS OLD

**Water Babies: 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: 9

Saturday Summer	June 14 <sup>th</sup> – July 28 <sup>th</sup>	Only Saturdays	9am - 9:40am
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**Water Tots: Parent & Child (18mos – 4yrs):** 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: 12

Saturday Summer	June 14 <sup>th</sup> – July 28 <sup>th</sup>	Only Saturdays	8:10am – 8:50am
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## PRESCHOOL CLASSES – AGES 3 TO 5 YEARS OLD

**Preschool Beginner 1 (For ages 3 to 5yrs):** Designed for the swimmer who is new to swim lessons, 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 with elementary backstroke, and supported front crawl. Class size: 4

			<u>Morning Classes</u>	<u>Evening Classes</u>
Weekday Summer 1	June 16 <sup>th</sup> - June 26 <sup>th</sup>	Mon, Tue, Wed, & Thu	9am - 9:30am 9:40am - 10:10am 10:20am – 10:50am	4:20pm - 4:50pm 5pm - 5:30pm 5:40pm - 6:10pm
Weekday Summer 2	July 7 <sup>th</sup> - July 17 <sup>th</sup>	Mon, Tue, Wed, & Thu	9am - 9:30am 9:40am - 10:10am 10:20am – 10:50am	4:20pm - 4:50pm 5:40pm - 6:10pm
Weekday Summer 3	July 21 <sup>st</sup> – July 31 <sup>st</sup>	Mon, Tue, Wed, & Thu	9am - 9:30am 9:40am - 10:10am 10:20am – 10:50am	4:20pm - 4:50pm 5:40pm - 6:10pm
Saturday Summer	June 14 <sup>th</sup> – July 28 <sup>th</sup>	Only Saturdays	9am - 9:40am 10:40am-11:20am	

**Preschool Beginner 2 (3 ½ to 5yrs):** This class is designed for the child who meets these prerequisite skills: submerge face 3-5 seconds, blow bubbles, assisted flutter kick (front/back) and assisted back float. Skills taught include unsupported flutter kick (front/back), elementary backstroke, survival breaststroke arms, and front crawl. Class size: 4

Weekday Summer 1	June 16 <sup>th</sup> - June 26 <sup>th</sup>	Mon, Tue, Wed, & Thu	<u>Morning Classes</u> 9am - 9:30am 9:40am - 10:10am 11am - 11:30am	<u>Evening Classes</u> 4:20pm - 4:50pm 5pm - 5:30pm
Weekday Summer 2	July 7 <sup>th</sup> - July 17 <sup>th</sup>	Mon, Tue, Wed, & Thu	9am - 9:30am 9:40am - 10:10am 11am - 11:30am	4:20pm - 4:50pm 5pm - 5:30pm
Weekday Summer 3	July 21 <sup>st</sup> – July 31 <sup>st</sup>	Mon, Tue, Wed, & Thu	9am - 9:30am 9:40am - 10:10am 11am - 11:30am	4:20pm - 4:50pm 5pm - 5:30pm 5:40pm - 6:10pm
Saturday Summer	June 14 <sup>th</sup> – July 28 <sup>th</sup>	Only Saturdays	9am - 9:40am 9:50am-10:30am	

**Preschool Intermediate (3 ½ to 6yrs):** This class is designed for the child who meets these prerequisite skills unassisted: submerge face 3-5 seconds using nose bubbles, streamline kick (blast-off) 5 ft, back float, back kick 5 ft, elementary backstroke 5 ft, and jump in to roll over on back. The front crawl stroke with rotary breathing will be developed, as well as backstroke. Survival skills included are treading water, longer front/back floats, and getting themselves to a wall safely. Class size: 4

Weekday Summer 1	June 16 <sup>th</sup> - June 26 <sup>th</sup>	Mon, Tue, Wed, & Thu	<u>Morning Classes</u> 10:20am - 10:50am 11am - 11:30am 11:40am - 12:10pm	<u>Evening Classes</u> 5pm - 5:30pm 6:20pm - 6:50pm
Weekday Summer 2	July 7 <sup>th</sup> - July 17 <sup>th</sup>	Mon, Tue, Wed, & Thu	10:20am - 10:50am 11am - 11:30am 11:40am - 12:10pm	5pm - 5:30pm 6:20pm - 6:50pm
Weekday Summer 3	July 21 <sup>st</sup> – July 31 <sup>st</sup>	Mon, Tue, Wed, & Thu	10:20am - 10:50am 11am - 11:30am 11:40am - 12:10pm	5pm - 5:30pm 6:20pm - 6:50pm
Saturday Summer	June 14 <sup>th</sup> – July 28 <sup>th</sup>	Only Saturdays	9am - 9:40am 10:40am-11:20am	

## YOUTH CLASSES – AGES 6 TO 10 YEARS OLD

**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, elementary backstroke, and front crawl. Class size: 4

Weekday Summer 1	June 16 <sup>th</sup> - June 26 <sup>th</sup>	Mon, Tue, Wed, & Thu	<u>Morning Classes</u> 9am - 9:30am 11am - 11:30am 11:40am - 12:10pm	<u>Evening Classes</u> 5:40pm - 6:10pm 6:20pm - 6:50pm
Weekday Summer 2	July 7 <sup>th</sup> - July 17 <sup>th</sup>	Mon, Tue, Wed, & Thu	9am - 9:30am 11am - 11:30am 11:40am - 12:10pm	5:40pm - 6:10pm 6:20pm - 6:50pm
Weekday Summer 3	July 21 <sup>st</sup> – July 31 <sup>st</sup>	Mon, Tue, Wed, & Thu	9am - 9:30am 11am - 11:30am 11:40am - 12:10pm	5:40pm - 6:10pm 6:20pm - 6:50pm
Saturday Summer	June 14 <sup>th</sup> – July 28 <sup>th</sup>	Only Saturdays	9:50am - 10:30am 10:40am - 11:20am 11:30am - 12:10pm	

**Youth Beginner 2 (6yrs – 10yrs):** This class is designed for the child who is comfortable in the water and meets these prerequisite skills unassisted: streamline kick with face in the water 5 ft, freestyle arms and legs 5 ft, back float 5-10 seconds, and kick on back 5 ft. Swimmers continue to develop front crawl into freestyle with rotary breathing, float longer, kick on back and elementary backstroke further. Survival skills include deep water orientation, treading water, and introduction of survival breaststroke arms. Class size: 5

Weekday Summer 1	June 16 <sup>th</sup> - June 26 <sup>th</sup>	Mon, Tue, Wed, & Thu	<u>Morning Classes</u> 9:40am - 10:10am 10:20am - 10:50am 11am - 11:30am	<u>Evening Classes</u> 4:20pm - 4:50pm 5:40pm - 6:10pm
Weekday Summer 2	July 7 <sup>th</sup> - July 17 <sup>th</sup>	Mon, Tue, Wed, & Thu	9:40am - 10:10am 10:20am - 10:50am 11am - 11:30am	4:20pm - 4:50pm 5pm - 5:30pm 5:40pm - 6:10pm
Weekday Summer 3	July 21 <sup>st</sup> – July 31 <sup>st</sup>	Mon, Tue, Wed, & Thu	9:40am - 10:10am 10:20am - 10:50am 11am - 11:30am	4:20pm - 4:50pm 5pm - 5:30pm
Saturday Summer	June 14 <sup>th</sup> – July 28 <sup>th</sup>	Only Saturdays	9:50am-10:30am 10:40am - 11:20am 11:30am - 12:10pm	

**Youth Intermediate 1 (6yrs – 10yrs):** This class is designed for the child who meets these prerequisite skills unassisted: proper flutter kick 5 yds, freestyle with rotary breathing 5 yds, elementary backstroke 5 yds, back float 20-30 seconds, and tread water 20 seconds. The kids will work on refining skills for endurance and distance (25 yds), including proper flutter kick (front/back) freestyle with proper rotary breathing, and backstroke. Survival skills include survival breaststroke arms, treading and floating for longer periods of time. This class is held in the lap pool. Class size: 6

Weekday Summer 1	June 16 <sup>th</sup> - June 26 <sup>th</sup>	Mon, Tue, Wed, & Thu	<u>Morning Classes</u> 9am - 9:30am 9:40am - 10:10am	<u>Evening Classes</u> 4:10pm - 4:40pm 4:50pm - 5:20pm
Weekday Summer 2	July 7 <sup>th</sup> - July 17 <sup>th</sup>	Mon, Tue, Wed, & Thu	9am - 9:30am 9:40am - 10:10am	4:10pm - 4:40pm 4:50pm - 5:20pm
Weekday Summer 3	July 21 <sup>st</sup> – July 31 <sup>st</sup>	Mon, Tue, Wed, & Thu	9am - 9:30am 9:40am - 10:10am	4:10pm - 4:40pm 4:50pm - 5:20pm
Saturday Summer	June 14 <sup>th</sup> – July 28 <sup>th</sup>	Only Saturdays	9am – 9:40am	

**Youth Intermediate 2 (6yrs – 10yrs):** This class is designed for the child who meets these prerequisite skills for 25 yds each: freestyle with proper rotary breathing, flutter kick (front/back), and backstroke. They must also be able to tread water and back float for 45 seconds each. The class will continue to work on endurance to 50 yds for freestyle and backstroke. Swimmers will learn butterfly and breaststroke arms and legs. They are also introduced to safe diving. This class is held in the lap pool, usually in the 7' lane. Class size: 7

Weekday Summer 1	June 16 <sup>th</sup> - June 26 <sup>th</sup>	Mon, Tue, Wed, & Thu	<u>Morning Classes</u> 10:20am - 10:50am	<u>Evening Classes</u> 5:30pm – 6:00pm
Weekday Summer 2	July 7 <sup>th</sup> - July 17 <sup>th</sup>	Mon, Tue, Wed, & Thu	10:20am - 10:50am	5:30pm – 6:00pm
Weekday Summer 3	July 21 <sup>st</sup> – July 31 <sup>st</sup>	Mon, Tue, Wed, & Thu	10:20am - 10:50am	5:30pm – 6:00pm
Saturday Summer	June 14 <sup>th</sup> – July 28 <sup>th</sup>	Only Saturdays	9:50am-10:30am	

## **TEEN CLASSES – AGES 11 TO 16 YEARS OLD**

**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, elementary backstroke, and freestyle with rotary breathing. Class size: 4

Weekday Summer 1	June 16 <sup>th</sup> - June 26 <sup>th</sup>	Mon, Tue, Wed, & Thu	<u>Morning Classes</u> 11:40am - 12:10pm	<u>Evening Classes</u> 6:20pm-6:50pm
Weekday Summer 2	July 7 <sup>th</sup> - July 17 <sup>th</sup>	Mon, Tue, Wed, & Thu	11:40am - 12:10pm	6:20pm-6:50pm
Weekday Summer 3	July 21 <sup>st</sup> – July 31 <sup>st</sup>	Mon, Tue, Wed, & Thu	11:40am - 12:10pm	6:20pm-6:50pm
Saturday Summer	June 14 <sup>th</sup> – July 28 <sup>th</sup>	Only Saturdays	11:30am-12:10pm	

**Teen Intermediate (ages 11-16yrs):** This class is designed for the teen swimmer who meets these prerequisite skills: controlled breathing with mouth and nose exhalation, proper flutter kick (front/back) 5 yds, freestyle with rotary breathing 10 yds, elementary backstroke 5 yds, tread water 20 seconds and back float 20 seconds. Swimmers work on developing proper flutter kick, freestyle, and backstroke for 25 yds each. Breaststroke, and butterfly are introduced. This class is held in the lap pool, usually in the 4.5' lane. Class size: 5

Weekday Summer 1	June 16 <sup>th</sup> - June 26 <sup>th</sup>	Mon, Tue, Wed, & Thu	<u>Morning Classes</u> 11:40am - 12:10pm	<u>Evening Classes</u> 6:05pm-6:35pm
Weekday Summer 2	July 7 <sup>th</sup> - July 17 <sup>th</sup>	Mon, Tue, Wed, & Thu	11:40am - 12:10pm	6:05pm-6:35pm
Weekday Summer 3	July 21 <sup>st</sup> – July 31 <sup>st</sup>	Mon, Tue, Wed, & Thu	11:40am - 12:10pm	6:05pm-6:35pm
Saturday Summer	June 14 <sup>th</sup> – July 28 <sup>th</sup>	Only Saturdays	11:30am-12:10pm	

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)