

SUNDAY

8:15AM
Adult A
with Bethanie
(45 min) \$262.50

8:30AM
Preschool A
with Erin
Parent Child A
with Janine

9:00AM
Preschool B
with Janine
Parent Child B
with Erin
Level 1
with Bethanie

9:30AM
Preschool A
with Erin
Level 2
with Janine
Level 3
with Bethanie

10:00AM
Preschool B
with Bethanie
Parent Child B
with Erin

10:30AM
Parent Child A
with Janine

11:00AM
Level 4/5
with Janine

11:30AM
Adaptive A
with Janine

MONDAY

4:30PM
Preschool B
with Christine

5:00PM
Preschool A
with Helen
Level 1
with Christine

5:30PM
Preschool C
with Helen

6:00PM
Level 3
with Helen

6:30PM
Level 2
with Helen

TUESDAY

4:00PM
Preschool A
with Judith

4:30PM
Level 2
with Janine
Level 1
with Judith
Preschool B
with Christine

5:00PM
Parent Child A
with Janine

WEDNESDAY

4:30PM
Level 2
with Christine
Level 1
with Bethanie

5:00PM
Level 3
with Bethanie

5:30PM
Preschool B
with Bethanie

6:00PM
Adult B
with Bethanie
(45 min) \$262.50

THURSDAY

9:30AM
Parent Child A
with Kat

10:00AM
Parent Child B
with Kat

10:30AM
Preschool A
with Kat

11:00AM
Preschool B
with Kat

11:30AM
Preschool C
with Kat

4:30PM
Level 4/5
with Christine

4:30PM
Preschool B
with Bethanie

5:00PM
Parent and Child B
with Janine
Level 1
with Bethanie

5:30PM
Preschool A
with Bethanie

FRIDAY



SATURDAY

8:30AM
Preschool B
with Kat
Level 4/5
with Laurel

9:00AM
Preschool A
with Kat
Level 2
with Helen
Level 3
with Laurel

9:30AM
Preschool A
with Helen
Parent Child B
with Kat

10:00AM
Preschool B
with Kat

10:30AM
Preschool C
with Helen
Parent Child A
with Kat

11:00AM
Level 1
with Laurel
Parent Child B
with Kat
Level 2
with Helen

11:30AM
Level 1
with Laurel
Parent Child C
with Helen I



Summer 2 Details

Classes Begin: Sunday July 10th
\$175 - 7 Week Session (30 minute lessons)
Open Registration: June 20th at 11am
Register online:
worcesterfitnessswimacademy.com

Make Up classes are not guaranteed if a student misses. No refunds once the session has begun. Make ups provided at the end of the session if needed by the instructor. The instructor will alert you if a class will be missed.



Class Dates

| | |
|------------|-------------------|
| Sunday: | Jul 10th-Aug21st |
| Monday: | Jul 11th-Aug22nd |
| Tuesday: | Jul 12th-Aug23rd |
| Wednesday: | Jul 13th-Aug 24th |
| Thursday: | Jul 14th-Aug 25th |
| Friday: | Jul 15th-Aug 26th |
| Saturday: | Jul 16th-Aug 27th |

PRIVATE LESSONS

Questions about our one on one, private swim lessons?
Email: kat@worcesterfitness.com or call (508) 852-8209.

PARENT / CHILD ACADEMY (6 months - 4 years)

The following classes are offered in a parent and child format with the parent accompanying the child into the water during each class.

Parent and Child A - Ages 6 months -2.5 years of age. They will learn basic water adjustment through play and song.

Parent and Child B - Ages 18 months - 4 years of age. They will learn beginner swimming skills and water safety skills through play and song.

Parent and Child C - Ages 2.5 - 4 years of age. This is an advanced class for those who have taken a minimum of 2 sessions in B or have received prior approval by the swim director. Students must feel comfortable going under water and be able to jump from the side of the pool. They will continue learning swimming and safety water skills including those taught in our preschool academy.

PRESCHOOL ACADEMY (3 - 5 years)

The following classes are for preschool-aged children who are mature enough to enter the water independently and follow directions.

Preschool A :For children who have never taken a swim class before and do not like to put their face in the water. They will learn beginner swimming and water safety skills including: Blowing Bubbles, Submerging mouth, nose, and eyes, floating on back, gliding on front with assistance, Kicking legs on front and back with assistance, and jump into water with assistance.

Preschool B :For children who feel comfortable in the water and can put their faces underwater. They will continue building beginning swimming and water safety skills with increasing independence including: floating on back, gliding on front and roll to back, swim with combined leg and arm movement on front and back, retrieve objects underwater with eyes open, and jump in water with assistance or independently.

Preschool C : For children who have successfully completed Preschool B or have received prior approval by the swim director. They will build on and strengthen skills from level A & B by increasing the amount of time and distance that the skills are practiced working towards full independence. Skills include floating on front and back, gliding on front and roll to back, gliding on back and roll front, swim with combined arm and leg movement on front and back, bobbing, treading water, and jumping in all independently.

YOUTH ACADEMY (6 years and older)

The following classes are for school-aged children who are mature enough to enter the water independently and follow directions.

Level 1 :For children who have never taken swimming lessons before or are beginners working on the skills listed below. In this level we work with children who may or may not feel comfortable putting their faces in the water. They will learn beginner swimming and water safety skills including: blowing bubbles and submerging eyes, nose and mouth in water, floating on back, swimming with combined arm and leg movement on front and back and retrieving object underwater with eyes open all independently. With assistance if needed they will also glide on front, kicking legs on front and back, float on front, and gliding on front and roll to back.

Level 2 :For children who have successfully completed Level 1 or all skills required to pass Level 1. In this level they will continue Level 1 skills while working towards achieving the goal of swimming without a flotation device by strengthening through repetition and increasing the time and distance skills are practiced. Skills include floating on front and back, gliding on front and back with roll to reverse side, swim with combined arm and leg movement on front and back, bobbing, treading water, jump in water, and swim underwater.

Level 3 :For children who have successfully completed level 2 or all skills required to pass Level 2. Your child must be able to swim the entire length of the pool without stopping and without a flotation device. This will be assessed at the first class. They will continue Level 2 skills as well as elementary backstroke, breaststroke kick, arms and combined, scissor kick, dolphin kick, rotary breathing, and treading water.

Level 4/5 :For children who have successfully completed level 3 or all skills required to pass level 3. Your child will strengthen, improve, and refine skills learned in Level 3 (rotary breathing, elementary backstroke, and breaststroke) as well as learn new skills including: sidestroke arms, kick, and combined, butterfly arms, kick, and combined and flip turns.

Adaptive Swim Academy Adaptive Swim A: (Ages 2-5)

Adaptive Swim is a parent and child class for children who may learn, move, and/or communicate differently. The class is tailored towards children with intellectual and development disorders. The primary goals of this class are to create a safe environment to learn, enhance swimming techniques, and have fun. Please feel free to provide any teaching tools and or behavior management techniques that you know might work best for your child. Siblings are welcome with a second parent in the water.

Adult Swim Academy Adult: (Ages 18 and older)

Adult Swim A is a 45 minute beginner adult class. No experience is needed but must be able to stand in chest deep water. This class is designed to help swimmers gain basic aquatic skills and swimming strokes, including front crawl, breaststroke, and elementary backstroke. Swimmers will learn skills and concepts to be safe around the water, in addition to those needed to themselves or others in an aquatic emergency.

Adult Swim B is a 45 minute intermediate adult class. Participants must be comfortable in chest deep water, able to put their face in the water, and perform strokes that can be recognized as front crawl, breast stroke, and back crawl for 15 yards. Swimmers will learn skills in the 6 basic swimming strokes, stroke performance, and learn skills and concepts to keep others and themselves safe around water.