

2010 Health Unlimited's "Be A Swimmer" SPRING Lesson Schedule

MEMBER Registration: March 17, 2010
NON-MEMBER Registration: March 31, 2010

Registration begins at 6am at Health Unlimited or online at www.myhealthunlimited.com

Session I: Apr. 12th – May 6th (2x per wk – 4wks) **Session II:** May 10th – June 3rd (2x per wk – 4wks)

**** Saturday ONLY** - Apr. 10th – June 5th (1x per wk – 8wks)-No Class May 29th**

Parent and Child:

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 – minimum 4, maximum 8.

	<u>Session I</u>	<u>Session II</u>
Tues/Thurs 9-9:30am	#101	#201
Saturday 9:40-10:10am	#103	

Water Babies II: 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 minimum 4, maximum 8.

	<u>Session I</u>	<u>Session II</u>
Tues/Thurs 9-9:30am	#105	#205
Tues/Thurs 10:20-10:50am	#106	#206
Tues/Thurs 6-6:30pm	#107	#207
Saturday 9:00-9:30am	#108	

Preschool Classes (ages 3yrs to 5yrs):

****NEW** Preschool Independent Water Skills – (For 3 years of age ONLY!)** –This new class is designed specifically for the 3 year old (not 2 1/2yrs or turning 3 in the middle of the session) just graduating from the Water Babies classes – to allow them to adapt to the water independently without parental participation. Entering and exiting the pool on their own, bobbing, blowing bubbles, gliding, front and back floating and kicking. ****Class size limited to 4 students.**

	<u>Session I</u>	<u>Session II</u>
Mon/Wed 6:10-6:40pm	#090	#2090
Tues/Thurs 10:20-10:50am	#091	#2091
Tues/Thurs 1-1:30pm	#092	#2092
Tues/Thurs 4:40-5:10pm	#093	#2093
Saturday 9:40-10:10am	#094	
Saturday 11:40am-12:10pm	#095	

Preschool Beginner I:(ages 3 ½ to 5yrs) –Designed for the swimmer who is a little apprehensive of the water and who may not like to get their face wet. Basic skills taught include blowing bubbles, slow submersion, supported kicking and floating and breath control and supported front crawl. Class size minimum 3, maximum 5.

	<u>Session I</u>	<u>Session II</u>
Mon/Wed 6:10-6:40pm	#110	#210
Tues/Thurs 9-9:30am	#111	#211
Tues/Thurs 9:40-10:10am	#112	#212
Tues/Thurs 10:20-10:50am	#113	#213
Tues/Thurs 11-11:30am	#115	#215
Tues/Thurs 1-1:30pm	#115-2	#215-2
Tues/Thurs 4-4:30pm	#116	#216
Tues/Thurs 5:20-5:50pm	#117	#217
Tues/Thurs 6-6:30pm	#118	#218
Saturday 9-9:30am	#119	
Saturday 11-11:30am	#120	

Preschool Beginner II:(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 flutter kick (front/back), unsupported front/back floats with glide, fining and rhythmic breathing and front crawl. Class size minimum 3, maximum 5.

	<u>Session I</u>	<u>Session II</u>
Mon/Wed 6:10-6:40pm	#121	#221
Tues/Thurs 9-9:30am	#122	#222
Tues/Thurs 9:40-10:10am	#123	#223
Tues/Thurs 10:20-10:50am	#124	#224
Tues/Thurs 11-11:30am	#125	#225
Tues/Thurs 1:40-2:10pm	#126-2	#226-2
Tues/Thurs 4:40-5:10pm	#127	#227
Tues/Thurs 5:20-5:50pm	#128	#228
Tues/Thurs 6-6:30pm	#129	#229
Saturday 9-9:30am	#130	
Saturday 9:40-10:10am	#131	
Saturday 11-11:30am	#132	

Preschool Intermediate: (3 ½ to 5yrs): This class is designed for the child who are able to glide on their front and backs and flutter kick on their front and back without instructor assistance. Use of these skills will be incorporated into learning the crawl stroke with rotary breathing and further survival skills in the water. Students will be introduced to Elementary backstroke arms. Class size minimum 3, maximum 5.

	<u>Session I</u>	<u>Session II</u>
Mon/Wed 6:50-7:20pm	#135	#235
Tues/Thurs 9:40-10:10am	#136	#236
Tues/Thurs 11-11:30am	#137	#237
Tues/Thurs 1-1:30pm	#137-2	#237-2
Tues/Thurs 4-4:30pm	#138	#238
Tues/Thurs 5:20-5:50pm	#139	#239
Tues/Thurs 6:40-7:10pm	#140	#240
Saturday 10:20-10:50am	#141	
Saturday 11-11:30am	#142	

Preschool Advanced: (3 ½ to 5yrs): Focus on this class is to take all skills from previous class to make the student proficient and confident in the water. Students will be introduced to components of the backstroke and elementary backstroke and learn to tread water. Students should be able to swim the front crawl with rotary breathing. Class size minimum 3, maximum 6.

	<u>Session I</u>	<u>Session II</u>
Tues/Thurs 9:40-10:10am	#145	#245
Tues/Thurs 1:40-2:10pm	#145-2	#245-2
Tues/Thurs 4:40-5:10pm	#146	#246
Saturday 11:40-12:10pm	#147	

Youth Classes –6yrs to 12yrs

Youth Beginner I - A beginner class for students who do not feel and are not comfortable or confident in the water or who rely on support in the water. This class is designed to help the child gain confidence while working on breath control, bobbing, front and back floating, kicking and front crawl. As well as developing confidence to submerge face. Class size minimum 3, maximum 5.

	<u>Session I</u>	<u>Session II</u>
Mon/Wed 6:50-7:20pm	#151	#251
Tues/Thurs 4-4:30pm	#152	#252
Tues/Thurs 5:20-5:50pm	#153	#253
Tues/Thurs 6:40-7:10pm	#154	#254
Saturday 9:40-10:10am	#155	
Saturday 10:20-10:50am	#156	

Youth Beginner II: Designed for children who are comfortable and confident in the water and are able to float on front/back, using the front float with a glide, swimmers learn to add the arms and correct kicks, and introduced to rotary breathing. Swimmers continue to work on backstroke kick and are introduced to backstroke arm movement. Class size minimum 3, maximum 6.

	<u>Session I</u>	<u>Session II</u>
Mon/Wed 6:10-6:40pm	#161	#261
Tues/Thurs 4:40-5:10pm	#162	#262
Tues/Thurs 6:40-7:10pm	#164	#264
Saturday 10:20-10:50am	#165	
Saturday 11:40am-12:10pm	#166	

Youth Intermediate I: Swimmers work on refining front crawl with rotary breathing and backstroke with correct kick. Swimmer must be able to swim underwater for correct length as well as front, back and tread water for required time. Class size minimum 3, maximum 8.

	<u>Session I</u>	<u>Session II</u>
Mon/Wed 6:50-7:20pm	#171	#271
Tues/Thurs 4-4:30pm	#172	#272
Tues/Thurs 5:20-5:50pm	#173	#273
Tues/Thurs 6:40-7:10pm	#174	#274
Saturday 11-11:30am	#176	

Youth Intermediate II: Swimmers enhance previously acquired skills and learn the kicks needed for breaststroke, butterfly, and sidestroke as well as improving their endurance. Class size minimum 4, maximum 8.

	<u>Session I</u>	<u>Session II</u>
Tues/Thurs 4:40-5:10pm	#182	#282
Tues/Thurs 6-6:30pm	#183	#283
Saturday 11:40am-12:10pm	#184	

Youth Advanced: - Swimmers learn to coordinate the arms and legs in breaststroke, butterfly and sidestroke as well as refine and build endurance in previously learned strokes. Class size minimum 4, maximum 10.

	<u>Session I</u>
Saturday 10:20am – 10:50am	#193

***NEW* Advanced Lesson Program-Session – 9 Weeks -**

These programs continue the progression of our swim lesson program by offering our more proficient swimmers the chance to learn the coordination and technique of the 4 primary strokes (freestyle, breast, back and butterfly) while developing greater endurance through longer swim sessions. Participants also have the opportunity to participate in fun swim meets and other activities of the HU Hurricanes Swim Team.

Stroke Readiness – (5yrs – 8yrs) – Lesson program for those who have completed and passed Preschool Advance and/or Youth Intermediate I – participants must be able to swim 25 yds freestyle with rotary breathing and backstroke, be familiar with swim terminology, and will be introduced to the breaststroke and butterfly. Class size Minimum 4 Maximum 8 – **Session Date: Mar. 16th – May 18th (No Clinic – Apr. 6th), 2010**
Tuesdays 5:00pm-5:40pm Cost: **Members - \$79 Non-Members \$129**

Stroke Refinement – (9yrs – 12yrs) – Lesson program designed for those who have completed and passed Youth Intermediate I, Intermediate II and/or Youth Advanced. Must be able to swim 25yds freestyle with technically sound rotary breathing and technically sound backstroke. Correct coordination and techniques will be learned in the breaststroke and butterfly. Class will also work on greater endurance swimming. Class size Minimum 4 Maximum 8. **Session Date: Mar. 18th – May 20th (No Clinic – Apr. 8th), 2010**

Thursdays 5:00pm – 5:50pm Cost: **Members \$99 Non-Members \$149**

****WHEN REGISTERING, THESE ADVANCED PROGRAMS ARE LISTED UNDER CLINIC!!**

Adult/Teen (13 yrs & older)

Adult/Teen – Beginner level for inexperienced adults and teens whom have little skills or may even be fearful of the water. Focus of the class is to build confidence while learning basic skills. Class size minimum 3, maximum 6.

	<u>Session I</u>	<u>Session II</u>
Tues/Thurs 11:40am-12:10pm	#194	#294
Mon/Wed 6:50-7:20pm	#195	#295

Check the flyer for ADULT BACK TO BASICS – These classes are designed for adults 18yrs and older who have some basic knowledge of swim strokes, are not fearful of the water and would like to enhance their swimming skills.

Private Lessons

Private lessons are available for one on one, or semi-private (two on one) for children and adults. Registration forms are available at the Front Desk. Payment is due at the time of registration. For further assistance on private or group lessons, please contact Cindi Middlekauff, Aquatics Director at 301-829-9730/410-795-0793 or aquatics@myhealthunlimited.com.