



# Colonial Heights SWIM LESSON SCHEDULE Winter 2010 Session

All registrations must be made at the front desk at least 48 hours before the first day of lessons.  
Payment is *required* at the time of registration: Members \$50 per session Non-Members \$75 per session

**Registration Ends 48 hours Prior to beginning of first Class of each session**

CLASS LEVEL	DAY / TIME
<b>Session I: Feb 1,4,8,11,15,18</b> <b>Session II: Feb 22,25, Mar 1,4,8,11</b> <b>Session III: Mar 15,18,22,25, 29, April 1</b>	<b>Monday &amp; Thursday evenings</b>
• Level I (Ages 3-6 yrs)	5:15 – 5:55 pm
• Level II/III (Ages 5-12 yrs)	6:00 – 6:40 pm
<b>Session I: Feb 4,11,18,25</b> <b><u>ADULT BEGINNER</u></b> <b>Session II: Mar 4,11,18,25</b>	<b>Thursday evenings 7 pm – 8 pm</b>
<b>Session I: Feb 20,27, Mar 6,13,20,27</b> <b>Spring Session I: April 10,17,24, May 8,15,22 (No Class May 1<sup>st</sup>)</b>	<b>Saturday mornings</b>
• Level I (Ages 3-6 yrs)	9:30 am – 10:10 am
• Level II/III (Ages 5-12 yrs)	10:15 am – 10:55 am
<b>SWIM CLUB-Ages 5-18</b> 6 wks of 1 hr workouts designed to mimic swim team practice w/ Coaches Bill Ferguson & Lisa Robertson      \$50 members/\$75 non-members <b>Sunday evenings, 5-6</b> <b>Session I: Jan 3-Feb 7    Session II: Feb 21-Mar 28    Session III: Apr 11-May 16</b>	
<b>ADULT STROKES &amp; TURNS: Train in a group setting; Stroke Improvement; Learn the art of Flip Turns</b> <b>Sundays, 6-7 pm (same dates as above swim club)</b> \$50 members/\$75 non-members **Pre-school, Level I Classes meet at Kids' Pool; Level II/III meet at Fitness Pool area** <i>~Parents &amp; Kids: help keep our pools clean by always taking non-soap showers before entering pool or spa.~</i>	
<b>*A minimum of 4 participants is required for group classes. <u>If less than 4 registrations are received, classes will be rescheduled or canceled at the discretion of the aquatics director.</u></b> <b>For more information, see Aquatics Book at the Front Desk.</b>	
***No refunds or make-ups on group lessons.***      Classes will be rescheduled in the event of instructor illness. In the event of inclement weather, please contact the club as a water safety may be conducted on land.	
<b><u>Surf's Up</u></b> (Free to Members) Prepare your kids (ages 4-14) for swim lessons with supervised swim & water play! Mon., Sat. 11:00am – 12:00 pm, Tues. through Fri. 6 – 7 pm; Mon. 7-8 pm, Sun. 1-2 pm <b>Aqua Fit Kids</b> (ages 9-13) Thursdays 5:30-6:00 pm  <b><u>FITNESS SWIM</u></b> (Free to members) Improve your stroke and overall efficiency with Coach Bret & Coach Lisa Tuesday & Thursdays: 5:45 – 6:45 am; Wed. eve. 7-8 pm	<b><u>PRIVATE Lessons</u></b> or semi-private (bring a friend lessons)- available upon request by completing a registration form at the front desk. <b>6 (30 minute) Lessons: Member: \$132;</b> <b>Non-Member: \$180</b>  * Private lesson rescheduling only with 24 hour advance notice by participant.

**Please Note: Ages are only guidelines. Classes are organized by skill levels.**

The swimming lesson program offered at American Family Fitness are structured along the guidelines of "The Learn to Swim Program" of the American Red Cross. Information for selecting the correct class level is located at the front desk.