



AFF - Mechanicsville SWIM LESSON SCHEDULE August 2010



The swimming lesson program offered at the Mechanicsville facility of American Family Fitness Center is structured along the guidelines of "The Learn to Swim Program" of the American Red. All classes are 240 minutes. **All registrations must be made at one of the designated registration dates listed below in order to get into the class.** Guidelines for selecting the correct class level are located on the back.

Session I: August 2, 4, 9, 11, 16 & 18 (Monday & Wednesday)

Class #	Class Level	Time	Instructor
1	Level III	3:50 – 4:30 PM	Cathy
2	Level II	4:35 – 5:15 PM	Cathy & Sue
3	Level I	5:15 – 5:55 PM	Cathy & Sue
4	Adult	7:10-7:50 PM	Cathy

Session II: August 9, 10, 11, 16, 17 & 18 (Monday, Tuesday, Wednesday)

Class #	Class Level	Time	Instructor
5	Level I (Preschool)	3:15 to 3:55 PM	Stephanie
6	Level II	3:55 to 4:35 PM	Stephanie

Session III: August 10, 17, 24, 31, September 7, 14, 21, 28 (Tuesdays)

Class #	Class Level	Time	Instructor
7	Parent Tot	5:45 to 6:15 PM	Stephanie

Cost of all group swim lessons: Members: \$50.00; Non-Member \$75.00

- **Payment due at time of registration.**
- **PRIVATE LESSONS AVAILABLE UPON REQUEST.**
- **Classes that do not have enough participants for a full session will have fewer classes.**
- **Next set of weekend swim lessons will pick back up in September, register mid- August.**
- **Swim Club available from Fall to Spring, try a level III as an alternative.**

MEMBER Registration:

**Members may register for swim lessons at the front desk at any time.
Registration ends 48 hours prior to the start of the swim lesson.**

NON-MEMBER Registration:

**Non-Members may register at front desk, *one-week* prior to start of the swim lesson.
Registration ends 48 hours prior to the start of the swim lesson.**