

fitness alive swim academy's
2017 SWIM CLASSES

Overview

Fitness Alive Swim Academy's group classes foster a natural progression from beginner to experienced swim levels, for both kids and adults. Our children's and beginner-adult classes are kept intentionally small to allow our instructors to develop a great rapport with students and enable our students to receive personal attention.

Duration: 6 weeks

*Classes meet once per week for 30 minutes each.

Cost: \$150 (\$25/class)

*Paid upfront to reserve your spot. No refunds or make-ups for missed lessons. (See the policies section at the end of this document for details.)

Calendar

Session A: March 26-May 6

Session B: May 14-June 24

Session C: July 9-August 19

Session D: September 10-October 21

Session E: October 29-December 16 (no classes 11/21-11/26)

Sundays:

9-10 am: Baby Bubbles (w/ Holly Waters) - Note: No preregistration required; drop-ins only. \$25 cash paid onsite.

10-11 am: Adult Beginner Swim (w/ Sarah Berry)

2:30-3 pm: Tadpoles (w/ Mallory Sullivan)

Tuesdays:

6-6:30 pm: Goldfish (w/ Breanna Lanz)

Wednesdays:

7:30-8:30 pm: Masters Swim Happy Hour (w/ Sarah Berry)

Thursdays:

6-6:30 pm: Dolphins (w/ Andrea Berger)

Saturdays:

10:30-11 am: Dolphins (w/ Sarah Berry)

11:15-11:45 am: Tadpoles (w/ Sarah Berry)

12-12:30 pm: Goldfish (w/ Sarah Berry)

12:45-1:15 pm: Goldfish (w/ Sarah Berry)

Children's Swim Classes

Level 0: Baby Bubbles - Parent-and-Baby Swim

Recommended ages: 5 months-3 years*

Our littlest swimmers first meet the water in Baby Bubbles, our group class for kids — and their parents — from ages five months to three years. Using finely honed techniques developed by co-founder and lead instructor Holly Waters, children learn how to feel comfortable and move their bodies in the water, helping them build confidence and independence while exploring new surroundings in a safe, fun and supervised setting. Mom and/or dad are in the pool with their child offering hands-on guidance and encouragement under the direction of our instructor. The class also incorporates light massage techniques to help children develop long, loose, strong bodies.

Level 1: Tadpoles

Recommended ages: 3-5 years*

Prerequisite experience: Little to no pool experience

Class size: 3 children max

Our novice swimmers gain comfort and confidence in the pool without mom or dad in the water, learning basics like blowing bubbles, submerging their heads/faces

and floating. They'll learn to pull the water and kick, and will be introduced to strokes with the instructor's assistance.

A child is ready to graduate to Level 2 when the instructor determines that the swimmer is strong enough, confident enough, and ready to swim with less hands-on instruction and assistance.

Level 2: Goldfish

Recommended ages: 5-7 years*

Prerequisite experience: Child is comfortable in the water and submerges.

Class size: 4 children max

Our Level 2 swimmers are ready to learn how to swim. Here, we'll cover basic strokes, strong kicking, and proper breathing. Children will learn to swim without assistance. They'll also learn water safety skills, like treading water, and other body- and confidence-strengthening tools that help them trust the water and be a confident swimmer.

A child is ready to graduate to Level 3 when he or she can swim at least one length of the pool unassisted. The child must also be ready to join a slightly larger, more structured class and follow verbal commands in the pool.

Level 3: Dolphins

Recommended ages: Ages 7 and up*

Prerequisite experience: Child can swim at least one length of the pool unassisted.

Class size: 5 children max

Our most advanced swimmers come together in our Level 3 program. They'll learn proper technique for all competitive strokes, and refine their breathing and ability as swimmers. Flip turns and diving technique will be introduced or refined, along with the overall discipline of swimming as a sport. Level 3 is great for kids interested in maturing into a swim team program.

*Please remember that the recommended ages are only suggestions; your child's ability level is *much* more important when determining what group he or she should be a part of. If you are unsure where your child belongs, please give us a call at 267-702-6043 or email info@fitnessalivephilly.com. Or, get your child assessed by

one of our instructors at an upcoming Family Swim Night (details below).

Swim Assessments for Children

Don't know which level is best for your child? Every first Friday of the month, we host a Family Swim Night at Fitness Works from 6-8 pm. Our instructors will be on hand to provide swim assessments for those interested in joining a class.

Adult Swim Classes

Adult Beginner Swim

Class size: 3 swimmers max

This small-group class is for adults with little to no prior pool experience, or those with fears to overcome and confidence to build. Your goal in this class will be to learn to swim a length of the pool and feel comfortable in deep water. Adults will learn basic strokes and water safety and become equipped for participation in activities in and around the water.

Masters Swim Happy Hour

Class size: up to 15 swimmers

For those with some swim experience who are looking for a true water workout, this is the class for you. It's a full hour of swimming that includes sprint sets, endurance sets, kick sets and pool sets. Perfect for people training for a triathlon or an open-water swim, or those simply missing high school swim practice. But wait, since we're all grown-ups here, we'll head to a local bar after each class and toss one back to the good ole glory days — because why not?

Important Policies

Refunds/Missed Classes: We won't be able to offer any make-up lessons or refunds in the event that you can't make it to class a certain week, so please check your schedule and plan accordingly. If you must miss a class, please be courteous and call, text or email us as soon as you can so our instructors can have an accurate headcount.

Facility/Unforeseen Emergencies: If a class must be canceled, we will provide a makeup by extending the session an extra week. We will contact you — via text, email and phone, in that order — as quickly as possible in the event of a facility closure or emergency.

Snow Days: In the event that getting to or from the facility is dangerous due to the weather, we will contact you — via text, email and phone, in that order — as quickly as possible to alert you of cancellations, and we will provide relevant announcements on our website and social media channels. We will provide a makeup by extending the session an extra week.

Holidays: Holiday closures are noted in the Session calendar above. But in general, we will not hold classes or lessons on the following holidays: New Year's Day, Memorial Day, Fourth of July, Thanksgiving, Christmas Eve, and Christmas Day.