

Swim Lesson Schedule

Healthtrax Fitness & Wellness - Avon, CT

100 Simsbury Road
Avon, CT 06001
860-284-1190
www.healthtrax.com

Center Hours: Monday - Friday 5:00 am - 10:00 pm
Saturday & Sunday 7:00 am - 5:00 pm

2017/2018 Fall/Winter Schedule

Session 1 Oct. 9th – Nov. 13th

Session 2 Nov. 20th – Dec. 18th (5 weeks only) \$50 member, \$60 non-member

Session 3 Jan. 1st –Feb. 5th

Six Week Sessions: \$60 members / \$70 non-members. Private & Semi-Private lessons also available

Classes are 30 minutes in duration. Stroke Clinic is 45 minutes in duration and is \$70 members/ \$80 non-members. Registrations are processed on a

Day	Level	TIME
Monday	Level 1 Level 2 Level 3 Level 4	4:00 p.m. 4:30 p.m. 5:00 p.m. 5:30 p.m.
Tuesday	Stroke Clinic	5:00 p.m.
Wednesday	Level 1 Level 2 Level 3 Level 4	5:00 p.m. 5:30 p.m. 6:00 p.m. 6:30 p.m.
Friday	Level 1 Level 2 Level 3 Level 4	4:00 p.m. 4:30 p.m. 5:00 p.m. 5:30 p.m.
Saturday	Parent & Me Level 1 Level 2 Level 1 Level 2 Level 3/ Level 4 Stroke Clinic	9:00 a.m. 9:30 a.m. 10:00a.m. 10:30 a.m. 11:00a.m. 11:30 a.m. 12:00p.m.

first come, first served basis. Register early to reserve your spot. There are no Refunds, and make up classes will only be available if class is cancelled due to weather, national holiday, or other unforeseen circumstances. Private lessons are available for more individualized instruction or to meet your unique schedule needs. Contact Janene Hoffman (860)284-1190 ext 309 or jhoffman@healthtrax.net