

GROUP SWIM CLASS DATES - 2017

Session #2 (March 17th - May 24th)

Friday	Saturday	Sunday	Wednesday
3/17	3/18	3/19	3/22
3/24	3/25	3/26	3/29
3/31	4/1	4/2	4/5
4/7	4/8	4/9	4/12
4/14	4/15	4/16	4/19
4/21	4/22	4/23	4/26
4/28	4/29	4/30	5/3
5/5	5/6	5/7	5/10
5/12	5/13	5/14	5/17
Make-up 5/19	Make-up 5/20	Make-up 5/21	Make-up 5/24

FOR SESSION #3 2017 ENROLLMENT:

Priority Enrollment Friday 4/7/17
Open Enrollment Friday 4/21/17

Session #3 (June 2nd - August 9th)

Friday	Saturday	Sunday	Wednesday
6/2	6/3	6/4	6/7
6/9	6/10	6/11	6/14
6/16	6/17		6/21
6/23	6/24	6/25	6/28
6/30	7/1	7/2	7/5
7/7	7/8	7/9	7/12
7/14	7/15	7/16	7/19
7/21	7/22	7/23	7/26
7/28	7/29	7/30	8/2
Make-up 8/4	Make-up 8/5	Make-up 8/6	Make-up 8/9

FOR SESSION #4 2017 ENROLLMENT:

Priority Enrollment Friday 6/23/17
Open Enrollment Friday 6/30/17

Session #4 (September 8 - November 8)

Friday	Saturday	Sunday	Wednesday
9/8	9/9	9/10	9/13
9/15	9/16	9/17	9/20
9/22	9/23	9/24	9/27
9/29	9/30	10/1	10/4
10/6	10/7	10/8	10/11
10/13	10/14	10/15	10/18
10/20	10/21	10/22	10/25
10/27	10/28	10/29	11/1
Make-up 11/3	Make-up 11/4	Make-up 11/5	Make-up 11/8

FOR SESSION #5 (4 WEEK) 2017 ENROLLMENT:

Priority Enrollment Friday 9/29/17
Open Enrollment Friday 10/6/17

SESSION #2

Friday: Gabby

7:00-7:30 Adult Beginner

Saturday: Vuk & Melissa

9:00-9:30 Parent & Me
9:45-10:15 Parent & Me
10:30-11:00 Beg Basics
11:05-11:35 Beginner
11:40-12:10 Beg. Int w/Vuk
11:40-12:10 Beg Basics w/Melissa
12:15-12:45 Int. w/Melissa
12:15-12:45 Beg Int w/Vuk

Sunday: Gabby & Yean

9:00-9:30 Parent & Me
9:45-10:15 Parent & Me
10:30-11:00 Beg Basics
10:30-11:00 Beginner Intermediate
11:05-11:35 Beginner
11:40-12:10 Beg. Int w/Gabby
11:40-12:10 Beg w/Sarah
12:15-12:45 Parent & Me

Wednesday: Gabby & Yean

4:00-4:30 Beginner w/Gabby
4:35-5:05 Beginner
5:10-5:40 Beg. Intermediate
5:45-6:15 Intermediate

COST

Members \$250
Non Members \$325

SWIM ASSESSMENTS

Required for first enrollment

APRIL 8 4-6pm

APRIL 15 4-6pm

Please reserve your spot

PARENT & ME

(approx. 6 months to 3 1/2 years)

8-10 participants/ 1 instructor

Parents and little ones will learn basic swim foundation together.

(no assessment required)

BEGINNER BASICS

(approx. 3 1/2 to 6 years)

4 children/1 instructor

For children who have very little or no water experience. Class is parent free. Safety maneuvers taught.

BEGINNER

(approx. 4-8 years)

4 children/1 instructor

For children who are confident and comfortable entering the water. Class will focus on floating, breathing, kick and pull, working towards swimming the width of pool.

BEGINNER/INTERMEDIATE

(approx. 5-10 years)

4 children/1 instructor

For children who are not quite ready for intermediate, but are beyond a beginner level. This class level is mixed.

INTERMEDIATE

(approx. 5-10 years)

5 children/1 instructor

Child entering must be able to swim the width of the pool and can demonstrate independent front/back float, know basic freestyle and backstroke.

Swimmers will move towards swimming the length of the pool unassisted.

CONTACT:

swim@hamiltonhealthfitness.com