

GROUP SWIM CLASS DATES - 2018

Session #1 (January 5 - March 7)

Friday	Saturday	Sunday	Wednesday
1/5	1/6	1/7	1/10
1/12	1/13	1/14	1/17
1/19	1/20	1/21	1/24
1/26	1/27	1/28	1/31
2/2	2/3	2/4	2/7
2/9	2/10	2/11	2/14
2/16	2/17	2/18	2/21
2/23	2/24	2/25	2/28
Make-up 3/2	Make-up 3/3	Make-up 3/4	Make-up 3/7

FOR SESSION #2 2018 ENROLLMENT:

Priority Enrollment Friday 1/26/18
Open Enrollment Friday 2/2/18

Session #2 (March 16 -May 16)

Friday	Saturday	Sunday	Wednesday
3/16	3/17	3/18	3/21
3/23	3/24	3/25	3/28
3/30	3/31	4/1	4/4
4/6	4/7	4/8	4/11
4/13	4/14	4/15	4/18
4/20	4/21	4/22	4/25
4/27	4/28	4/29	5/2
5/4	5/5	5/6	5/9
Make-up 5/11	Make-up 5/12	Make-up 5/13	Make-up 5/16

FOR SESSION #3 2018 ENROLLMENT:

Priority Enrollment Friday 4/6/18
Open Enrollment Friday 4/13/18

Session #3 (March 16 -May 16)

Friday	Saturday	Sunday	Wednesday
6/1	6/2	6/3	6/6
6/8	6/9	6/10	6/13
6/15	6/16	6/17	6/20
6/22	6/23	6/24	6/27
6/29	6/30	7/1	7/4
7/6	7/7	7/8	7/11
7/13	7/14	7/15	7/18
7/20	7/21	7/22	7/25
Make-up 7/27	Make-up 7/28	Make-up 7/29	8/1
			Make-up 8/8

FOR SESSION #4 2018 ENROLLMENT:

Priority Enrollment Friday 6/22/18
Open Enrollment Friday 6/29/18

SESSION #1

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
11:05-11:35 Beginner
11:40-12:10 Beg. Int
12:15-12:45 Parent & Me

Wednesday: Gabby & Yean

4:00-4:30 Beginner Basics
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

Please call for appointment

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