



Spring Season 2012

April 1 to June 16 - 2012 / 8 Weeks

Weekends			Weekdays					
Time	Saturday	Sunday	Time	Monday	Tuesday	Wednesday	Thursday	Friday
			6:00-7:30	Adult Fitness All Levels		Adult Fitness All Levels		Adult Fitness All Levels
			7:00-8:00					Adult Fitness All Levels
9:00-10:00		Aquasize	9:00-10:00	Adult Fitness All Levels		Adult Fitness All Levels		Adult Fitness All Levels
			9:00-10:00		Aquasize		Aquasize	
10:00-10:40	Parent & Child 1 Beginner All Ages	Parent & Child 1 Beginner All Ages	10:00-10:40	Parent & Child 1 Beginner All Ages	Parent & Child 2 Intermediate	Parent & Child 1 Beginner All Ages	Parent & Child 2 Intermediate	
10:40-11:20	6 & Older Parent & Child 2 Intermediate	6 & Older Parent & Child 2 Intermediate	4:00-4:40	6 & Older Stroke School	3-4's 5-6's	6 & Older Stroke School	3-4's 5-6's	
			4:40-5:20	3-4's 5-6's	6 & Older Stroke School	3-4's 5-6's	6 & Older Stroke School	
11:20-12:00	3-4s 5-6's	3-4s 5-6's	5:00-5:30	Dryland for Swim Team				
			5:30-6:30	Swim Team Swim				
			5:20-6:00	6 & Older Stroke School	5-6's Stroke School	6 & Older Stroke School	5-6's Stroke School	
			6:30-7:30	Adult Fitness All Levels		Adult Fitness All Levels	Adult Fitness All Levels	

For your convenience we may OPEN or CHANGE a SCHEDULED CLASS if more than 8 people or less than 3 register. Non-swimmers are recommended to register in private or semi-private lessons if they do not have any, or have had bad experiences with the water. Children under 3 years of age should be in the water with a parent. All PARENT AND CHILD children under 3yrs. Old go in the water with a parent or designated caretaker. PARENT AND CHILD BEGINNER- For ages 3mths and older if it is first time pool experience. PARENT AND CHILD INTERMEDIATE- For ages 16mths younger or older, with previous class experience or with proven skill acquisition. PARENT AND CHILD ADVANCED- For ages 35months & younger, previous Skills Assessment.

CALENDAR

	SAT	SUN	MON	TUES	WED	THUR
APR		1	2	3	4	5
	7	8	9	10	11	12
	14	15	16	17	18	19
	21	22	23	24	25	26
	28	29	30	1	2	3
MAY	5	6	7	8	9	10
	12	13	14	15	16	17
	19	20	21	22	23	24
	26	27	28	29	30	31
	JUN	2	3	4	5	6
9		10				
16						

Price List

Swim School

	Member	Non Member
1 X Per Week	\$110	\$122
2 X Per Week	\$212	\$235

We reserve the right to consolidate and cancel classes before the beginning of the season.

Adult Fitness

Members \$35.00 Monthly
 Non Members \$ 50.00 Monthly
 Per Time \$10.00

Required Equipment; Bathing Suit, Towel, Swim Cap, Goggles, Fins, and Paddles.

Swim Team

The best developmental swim program to prepare you for a team.

	Non Member	Member
2 X Per Week	\$90.00/ Monthly	\$80.00/ Monthly
3-4 X Per Week	\$110.00/ Monthly	\$100.00/ Monthly
USA Swimming Annual Registration Fee		\$60.00

Within this program you can learn:

7 legal turns for racing styles, racing pace clock, open water, swimming skills.

Dive in the 4 competitive styles.

Become an overall better swimmer; within a year, in this class.

By the end of this class you will be able to swim at least 500 yards of freestyle with correct turns.

Opportunity to compete with other teams in Florida Gold Coast

Thank you for allowing us to be part of your Aquatic Education.

No Refunds