

FAMILY SWIM GYM

swim@fsginbox.com



HOA SUMMER SWIM LESSONS

Swimming Skills That Last A Lifetime...

Our professional and experienced Swim Instructors will teach your child how to swim as well as important water safety skills. Our program is designed to fit each child's skill level and needs.

- Small class size with 3 to 1 student to teacher ratio
- No Traffic! Lessons at your neighborhood pool.
- **CLASS LENGTH** - our classes are 30 minutes long. National Swim School studies show that attention spans are seldom over 30 minutes.
- **SESSION LENGTH** - summer classes meet 4 days a week (M, W, TH, F) at Blue Valley Pool for 2 weeks. Choose a session:
 - **SESSIONS 1 - June 8 thru June 19**
 - **SESSION 2 - June 22 thru July 3**
 - **SESSION 3 - July 6 thru July 17**
 - **SESSION 4 - July 20 thru July 31**
 - **SESSION 5 - August 3 thru 14**

What is your child's swim level?

CLASS LEVELS:

- WATER ORIENTATION --for children 3 years and older who are beginning swimmers and typically will not willingly submerge their heads.
- **LEVEL 1**- student enjoys water, goes under willingly, but swims vertically rather than horizontally.
 - **LEVEL 2**- student can swim for two feet on front and back, but has trouble getting a breathe without stopping forward motion.
 - **LEVEL 3**- can swim on front and back for 15 feet, needs work on endurance. Student improves their front crawl and is introduced to backstroke and reversing direction.
 - **STROKE CLASS**-student can swim on front and back for 30 feet, needs work on stroke development and refinement. Improves front crawl, back crawl, breaststroke, butterfly, and turning at the wall.
 - **EMAIL:** *swim@fsginbox.com to register for swim classes. Include child's level and session date to determine available class times.*