

SPRING 2024 *SWIM LESSONS*

On-line registration begins March 5th @ 0900 Members only.
March 7th @ 0900 Non-Members.

Swim America™ Group Swim Lessons: Ages 5 and older

Ages 5 and older participate in SwimAmerica. It is a goal-driven program developed by the United States Swim Coaches Association, the same people who train the coaches of the USA Olympic Swimming team. Learning to swim is a lifetime gift that can save your child's life. Our goal is to teach your child to swim for safety, health and fun.

Station Descriptions

STATION 1 *Never taken swim lessons and/or will not put face in the water.*

Goal: 10 relaxed bobs

STATION 2 *Comfortable putting head underwater but cannot float.*

Goal: Front & back glides w/ recovery - 5 seconds

STATION 3 *Float & glide on front / back, but has not learned kicking.*

Goal: Front & back kick 15 ft

STATION 4 *Kicks on front & back and are ready to add arms.*

Goal: Side-glide-kick 20 ft, crawl stroke 20 ft (no breathing)

STATION 5 *Can do the crawl stroke but have not learned side breathing.*

Goal: Crawl stroke with breathing

STROKE SCHOOL 1 *Have learned freestyle (crawl stroke) with breathing and wants to learn other strokes (covers the skills from Station 6 & 7).*

STATION 6 Goals: Freestyle 25 yds, Backstroke 30 ft, Tread water for 1 minute

STATION 7 Goals: Freestyle 50yds, Backstroke 25yds, Breaststroke kick 20 ft

STROKE SCHOOL 2 *Stroke refinement and endurance building. To be placed in Stroke School 2 children must be evaluated by a Swim America staff or pass Stroke School 1.*

STATION 8 Goals: Freestyle 100yds, Breaststroke 25yds, Butterfly 30 ft.

STATION 9 Goals: Freestyle 200yds, Butterfly 25yds, Breaststroke 50yds, Elementary Backstroke 50yds, Sidestroke 50yds.

STATION 10 Goals: Freestyle 300yds, Backstroke 100 yds, Individual Medley 100yds

Depending on your child's age and ability, it may take multiple sessions for your child to advance to the next station.

Evening Session Dates & Times

Monday and Wednesday evenings x 4 weeks

Member \$59

Non-Member \$70

Dates

Session A: April 1st-April 24th

Session B: April 29th-May 22nd

Station Times

Station 1 & 2 & 3: 6:05-6:35 pm

Station 3 & 4 & Stroke School 1: 6:40-7:10 pm

Station 4 & 5 & Stroke School 2: 7:15-7:45pm

Saturday Session Dates & Times

(Saturday mornings for 8 weeks)

Member \$59

Non-Member \$70

Dates

Session A: April 6-May 25th

Station Times

Stations 1, 2, & 3: 9:30-10:00am

Stations 3, 4 & Stroke School 1: 10:05-10:35 am

Stations 4, 5 & Stroke School 2: 10:40-11:10am

Fundamentals for 4 yr. olds: 11:15-11:45 am (see back)

LOGAN
HEALTH

Register online at www.logan.org/fitness. Go to “aquatics”, then “swim lessons”.

FUNDAMENTALS for FOUR YEAR OLDS

This class introduces basic fundamental swimming safety skills (floating, gliding, kicking, stroking, and water safety).

Saturday Morning x 4 weeks

Time: 11:15-11:45am

Session A: April 6th-April 27th

Session B: May 4th-May 25th

COST: Member \$37

Non-Member \$44

Group Swim Lesson Cancellation Policy:

Cancellations must be made three business days prior to the start of the session for a full refund minus a \$5.00 administrative fee per participant, per session. Make-up lessons will not be available should a lesson be missed for any reason. No refunds or credits will be issued after the session begins.

Transfers:

There is a \$5.00 transfer fee to transfer participants to a different session provided there is space available.



iPhone



Android

LOGAN
HEALTH

MEDICAL FITNESS CENTER
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