# 2026 January & Winter Saturdays SWIM LESSONS

**Registration** 

Members: Dec 9th at 9:00am. Non-Members: Dec 11th at 9:00am

#### Swim America™ Group Swim Lessons: Ages 5 and older

SwimAmerica 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.

## **Which Class to Choose?**

Stations 1, 2, and 3 build the foundational skills to succeed in swimming. When in doubt of where to place your child, contact Will Richards at (406) 751-4141.

**STATION 1.** Uncomfortable with face in the water.

**STATION 2.** Puts head underwater but cannot float.

**STATION 3.** Floats on front/back. Kicking needs work.

Stations 4, 5, and 6 are typically for those who have been in lessons recently and mastered the foundational skills.

Those who register for these stations without prior swim lessons with us will be contacted to schedule an in-water assessment before the session starts.

**STATION 4.** Has strong kicking & ready to add arms.

**STATION** 5. Can do the crawl stroke w/o breathing.

**STATION 6.** Crawl w/ breathing but needs endurance.

STATIONS 7 through 10 are grouped together under "Stroke School" and require an in-water assessment if they have not had lessons with us in the past. Contact Will Richards at (406) 751-4141 to schedule an appointment.

\*Depending on your child's age and ability, it may take <u>multiple sessions</u> to advance to the next station.

If your child has been in lessons in the last three months, we have their station level on file and will update it automatically if they advance before the next session.

Register online at www.logan.org/fitness then go to "Online Portal"

## **Evening Swim Lessons**

Monday and Wednesday evenings x 4 weeks

Member \$65 Non-Member \$75

**Dates** 

January Session: Jan 5<sup>th</sup> – Jan 28<sup>th</sup>

#### **Lesson Times**

6:05 - 6:35 pm

6:40 - 7:10 pm

7:15 - 7:45 pm

## Winter Saturday Swim Lessons

Saturday mornings for 8 weeks

Member \$65 Non-Member \$75

**Dates** 

Winter Sat. Session: January 31st – March 21st

#### **Lesson Times**

09:30 - 10:00am

10:05 – 10:35 am

10:40 – 11:10am

11:15 - 11:45am



## **Parent/Tot Swim Lessons**

This foundational class offers a unique parent-child bonding experience where an adult joins their infant or toddler in the water. Together, you will explore basic

aquatic skills designed to build water confidence and introduce the earliest concepts of water safety.

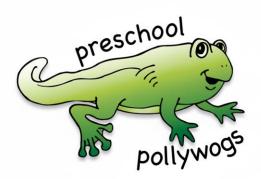
#### Friday or Saturday mornings for 8 weeks

#### **Dates**

Fridays: Jan 9<sup>th</sup> – Feb 13<sup>th</sup> Saturdays: Jan 31<sup>st</sup> – Mar 27<sup>th</sup>

## **Lesson Times**

09:30 - 10:00am



## Preschool Pollywogs Swim Lessons

These lessons are offered at the same times as the regular swimming lessons except that the classes are smaller and limited to 3 and 4-year-olds.

Preschool 1 is for those uncomfortable in the water. Preschool 2 is for those very comfortable in the water.

#### **Group Swim Lesson Cancellation Policy:**

Cancellations must be made three business days prior to the start of the session for a full refund. 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.







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MEDICAL FITNESS CENTER 205 Sunnyview Lane 59901 406.751.4100 • www.logan.org/fitness