



## Fall 2017 At Fitness RX

(Off Route 8 in Business Park) Tilghman Building  
155 Sallitt Drive/ Stevensville, MD 21666

By AQUA Swimming and Training Questions - Please contact Elise Thomson (410) 924-6426 or [elisethomson@hotmail.com](mailto:elisethomson@hotmail.com) or Peggy Miller (410) 739-5967 or [miller1111@hotmail.com](mailto:miller1111@hotmail.com)

### Prelude to Red Cross Learn To Swim Lessons

**Water Angels** – 6 months – 36 months Parent and Child learning water comfort and water skills

**Red Cross Preschool Levels 1 thru 3 – (3-5 years)** Learning Beginner Swimming Skills **without Parents**

\*the parents can do this class with the children if they wish

### Red Cross Learn To Swim with Certified Instructors

- ✦ **Level 1** – Intro. To Water (Children must be able to be with an instructor)
- ✦ **Level 2** – Start Fundamental Skills in Water (just starting doggie paddle)
- ✦ **Level 3** – Beginning Strokes
- ✦ **Level 4** – Improvement on Strokes
- ✦ **Level 5** – Stroke Refinement
- ✦ **Level 6** – Swimming and Skill Proficiency
- ✦ **Stroke and Endurance Clinic** – Building Endurance and Review of Each Stroke  
\*Must Swim Free Style and Back Stroke (Good Prep for Swim Team Children)

### Special September Water Angels Classes

Dates: 9/9, 9/16, 9/23 and 9/30 (Saturday) 4 Classes

Times: 8:30-9:15

Levels: Water Angels Class Only

Cost: \$100.00 per child for 4 Lessons

### Fall 1 Swimming Lesson Schedule

<u>Session</u>	<u>Day</u>	<u>Dates</u>	<u>Times</u>	<u>Levels</u>	<u>Cost</u>
1	Wednesday AM	Oct. 4 <sup>th</sup> – Nov. 1 <sup>st</sup>	9:30-10:15	Preschool 1-3	\$125.00
2	Wednesday PM	Oct. 4 <sup>th</sup> – Nov. 1 <sup>st</sup>	4:30-5:15	Levels 1, 2, & 3	\$125.00
3	Wednesday PM	Oct. 4 <sup>th</sup> – Nov. 1 <sup>st</sup>	5:30-6:15	Levels 2, 3, 4 & 5	\$125.00
4	Thursday PM	Oct. 5 <sup>th</sup> – Nov. 2 <sup>nd</sup>	1:00-1:45	Levels 1, 2 & 3	\$125.00
5	Friday PM	Oct. 6 <sup>rd</sup> – Nov. 3 <sup>rd</sup>	4:30-5:15	Levels 1, 2, & 3	\$125.00
6	Friday PM	Oct. 6 <sup>rd</sup> – Nov. 3 <sup>rd</sup>	5:30-6:15	Levels 2, 3, & 4	\$125.00
7	Friday PM	Oct. 6 <sup>rd</sup> – Nov. 3 <sup>rd</sup>	5:30-6:15	<b>Stroke Clinic</b>	\$125.00
8	Friday PM	Oct. 6 <sup>rd</sup> – Nov. 3 <sup>rd</sup>	6:30-7:15	<b>Adult Exercise Class</b>	\$100.00
9	Saturday AM	Oct. 7 <sup>th</sup> – Nov. 4 <sup>th</sup>	8:30-9:15	Water Angels	\$125.00
10	Saturday AM	Oct. 7 <sup>th</sup> – Nov. 4 <sup>th</sup>	9:30-10:15	<b>Adult Swim Lessons</b>	\$125.00
11	Saturday PM	Oct. 7 <sup>th</sup> – Nov. 4 <sup>th</sup>	1:00-1:45	Preschool & Levels 1,2	\$125.00
12	Saturday PM	Oct. 7 <sup>th</sup> – Nov. 4 <sup>th</sup>	2:00-2:45	Levels 3, 4 and 5	\$125.00

## Fall 2 Swimming Lesson Schedule

\*There will be no Lessons the Week of Thanksgiving Break Nov. 19<sup>th</sup> -26<sup>th</sup>

<u>Session</u>	<u>Day</u>	<u>Dates</u>	<u>Times</u>	<u>Levels</u>	<u>Cost</u>
13	Wednesday AM	Nov. 8 <sup>th</sup> – Dec. 13 <sup>th</sup>	9:30-10:15	Preschool 1-3	\$125.00
14	Wednesday PM	Nov. 8 <sup>th</sup> – Dec. 13 <sup>th</sup>	4:30-5:15	Levels 1, 2, & 3	\$125.00
15	Wednesday PM	Nov. 8 <sup>th</sup> – Dec. 13 <sup>th</sup>	5:30-6:15	Levels 2, 3, 4 & 5	\$125.00
16	Thursday PM	Nov. 9 <sup>th</sup> – Dec. 14 <sup>th</sup>	1:00-1:45	Levels 1, 2 & 3	\$125.00
17	Friday PM	Nov. 10 <sup>th</sup> – Dec. 15 <sup>th</sup>	4:30-5:15	Levels 1, 2, & 3	\$125.00
18	Friday PM	Nov. 10 <sup>th</sup> – Dec. 15 <sup>th</sup>	5:30-6:15	Levels 2, 3, & 4	\$125.00
19	Friday PM	Nov. 10 <sup>th</sup> – Dec. 15 <sup>th</sup>	5:30-6:15	Stroke Clinic	\$125.00
20	Friday PM	Nov. 10 <sup>th</sup> – Dec. 15 <sup>th</sup>	6:30-7:15	Adult Exercise Class	\$100.00
21	Saturday AM	Nov. 11 <sup>th</sup> – Dec. 16 <sup>th</sup>	8:30-9:15	Water Angels	\$125.00
22	Saturday AM	Nov. 11 <sup>th</sup> – Dec. 16 <sup>th</sup>	9:30-10:15	Adult Swim Lessons	\$125.00
23	Saturday AM	Nov. 11 <sup>th</sup> – Dec. 16 <sup>th</sup>	1:00-1:45	Preschool & Levels 1,2	\$125.00
24	Saturday PM	Nov. 11 <sup>th</sup> – Dec. 16 <sup>th</sup>	2:00-2:45	Levels 3, 4 and 5	\$125.00



*Private 30 minutes (4) Lessons - 1 Child \$250.00*



*Semi Private 30 minutes (4) Lessons – 2 Children \$300.00*

*These Classes will be scheduled with the instructor and you at times that are available in the pool. We have morning, evening and weekend availability.*

Sign up early as the Class size is limited. There is a **\$25 discount** if you sign up for more than one lesson. The **Participants will only need to bring a towel and goggles**, all equipment will be provided. Please put all children not potty trained in a swim diaper. Parents do not need to participate in classes as long as children are comfortable participating without them. The pool is an indoor warm water pool (approximately 88-90 degrees).

**Due to the time and class limits we do not allow for any make-up lessons unless cancelled by Fitness RX. All classes must be paid for prior to the start of class. There are no refunds allowed for any of the lessons.**

Should your child need special assistance in any way please let the instructor know prior to class.

**We look forward to teaching your children this year!**

**PLEASE PRINT**

Swimmer Name & Age: \_\_\_\_\_ Parent's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Session Number: \_\_\_\_\_ Place of Lesson: Fitness RX/Aqua Swimming Level and Time AM or PM

**Checks Made Payable to: (AST) AQUA Swimming and Training, LLC**

**Mail to: P. O. Box 826 / Stevensville, MD 21666 (410-924-6426 for Payment Questions**

