

## Group Lesson Level Requirements:

### Infant Preschool Program (IPAP):

6 months-4 years old. Parents participate in the water with the child.

### Level 1: Introduction to Water Skills

Child must be at least 4 years old.

### Level 2: Fundamental Water Skills

Child must be able to put face in the water and blow bubbles.

Child must be able to float on their stomach and back independently.

Child must be able to swim 2 body lengths on their stomach and back.

### Level 3: Stroke Development

Child must be able to do chicken-eagle-snake on their back.

Child must be able to swim a half-length of the pool, 12 meters, with some rotary breathing.

### Level 4: Skill Improvement

Child must be able to swim a length of the pool, 25 meters, with rotary breathing.

Child must be able to swim a length of the pool using backstroke.

Child must be able to butterfly kick.

Child must be able to use side stroke.

Child must be able to use breaststroke.

### Level 5/6: Stroke Refinement and Proficiency

Child must be able to swim a length of the pool using breaststroke

Child must be able to swim a half-length of pool using butterfly

Child must be able to swim 2 pool lengths using freestyle

Child must be able to swim 2 pool lengths using backstroke

## Group Lesson Schedule:

May 20<sup>th</sup> – June 23<sup>rd</sup>

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
IPAP				4:30p			
Lv 1	4:00p 5:30p		10:00a	5:30p 6:00p		2:30p	
Lv 2	6:00p 6:30p	6:00p	10:30a	7:00p	6:30p		
Lv 3	6:30p	6:30p		5:30p		1:00p	
Lv 4		7:00p		6:30p		3:00p	
Lv5/6				7:00p		3:30p	

## Group Lesson Policies:

**Schedule:** All classes are 30 minutes, with 1-4 participants in each class. Students will be evaluated at the beginning and end of each session and when necessary can be moved to the appropriate level for their skills. Class times are available on a first come first serve basis so sign up before the time you want fills up.

**Make-Up Classes:** If a student misses a class they are able to sign up for a make-up class. The make-up class must be taken during the same session. Make-up times will be available at the front desk after the second week of the session has begun.

**Make-Up times are not guaranteed.**

## Group Lesson Pricing:

Classes/Week	Price
1	\$95
2	\$150
3	\$180
4	\$215

## Swim Team Training:

**Lil Bucks:** Level 4 or above, 8 years & under: 45 Minutes.

This program is ideal for children who are anxious for a taste of what competitive swimming is all about! Learn competitive strokes and turns without the competition. Swimmers may participate in just a conditioning session or a combination of level 4 or above swim lessons along with the workouts.

**Buckeye/Gray:** Ages 8 and above: 60 Minutes.

Swimmers have learned the fundamentals of swimming and competition strokes. Practices emphasize technique, conditioning and endurance.

## Swim Team Training Times:

	Fri	Sat	Sun
Lil Bucks			
Buck/Gray	7:30 PM		5:00p

## Swim Team Training Prices:

Lil Bucks	Buckeye Gray
Once per Week: \$129	Once per week: \$168
Twice per week: \$168	Twice per week: \$225

## Private Lessons:

Private or Semi-Private lessons offered for children or adults.

Package	Private	Semi-Private
5 Lessons	\$170	\$135
10 Lessons	\$270	\$220

## Registration Information:

Parent Name: \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone #: \_\_\_\_\_

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

Student Name: \_\_\_\_\_

Age: \_\_\_\_\_

Level: IPAP 1 2 3 4 5/6 ADULT

LIL Bucks Buckeye/Gray Private

Days Per Week: 1 2 3 4

Day(s) & Times: \_\_\_\_\_

## Payment Options:

Circle One:

Check Cash Credit Card:

Visa MC Discover AMEX

CC#: \_\_\_\_\_

EXP Date: \_\_\_\_\_

Registration Fee \$10.00 (New Family Only): \_\_\_\_\_

TOTAL Amount Due: \_\_\_\_\_

**S**uperior

**W**ater

**I**nstruction @

**M**etro Fitness

## 2019 Swim Lesson Schedule:

January 3<sup>rd</sup> -February 3<sup>rd</sup> (5 Weeks)

February 4<sup>th</sup> – March 10<sup>th</sup> (5 Weeks)

March 11<sup>th</sup> – April 14<sup>th</sup> (5 Weeks)

April 15<sup>th</sup> – May 19<sup>th</sup> (5 Weeks)

May 20<sup>th</sup> – June 23<sup>rd</sup> (5 Weeks)

June 24<sup>th</sup> – July 28<sup>th</sup> (5 Weeks)

July 29<sup>th</sup> – September 1<sup>st</sup> (5 Weeks)

September 2<sup>nd</sup> – October 6<sup>th</sup> (5 Weeks)

October 7<sup>th</sup> – November 10<sup>th</sup> (5 Weeks)

November 11<sup>th</sup> – December 15<sup>th</sup> (5 Weeks)



# Aquatics



RED CROSS

## SWIM LESSONS



May 20<sup>th</sup> – June 23<sup>rd</sup>

## 5 Week Spring Session

### Metro Fitness Athletic Club

655 Metro Place South  
Dublin, OH 43017

614-761-3355

[www.metrofitnessohio.com](http://www.metrofitnessohio.com)