

Group Lesson Level Requirements:

Infant Preschool Program (IPAP):

2 years old-4 years old. Parents participate in the water with the child. ***Call Club for IPAP times***

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:

October 7th – November 10th

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Lv 1	6:00p		6:00p	6:00p			
Lv 2	6:00p 7:00p		6:30p		6:30p	3:00p	
Lv 3	6:30p		7:00p	5:30p			
Lv 4	5:00p			6:30p			
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	Fri	Sun
Lil Bucks			
Buck/Gray	5:30	7:30p	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 to children of all ages and 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: _____

Superior

Water

Instruction @

Metro Fitness

2019 Swim Lesson Schedule:

January 3rd -February 3rd (5 Weeks)

February 4th – March 10th (5 Weeks)

March 11th – April 14th (5 Weeks)

April 15th – May 19th (5 Weeks)

May 20th – June 23rd (5 Weeks)

June 24th – July 28th (5 Weeks)

July 29th – September 1st (5 Weeks)

September 2nd – October 6th (5 Weeks)

October 7th – November 10th (5 Weeks)

November 11th – December 15th (5 Weeks)



Aquatics



RED CROSS

SWIM LESSONS



October 7th – November 10th

5 Fall Summer Session

Metro Fitness Athletic Club

655 Metro Place South
Dublin, OH 43017

614-761-3355

www.metrofitnessohio.com