

## 2023 BRISTOL

### HEALTHTRAX SWIM CLASSES

**Wednesday**

*Private Lessons on Monday*



#### Session 7

(5 weeks)

Sept 6<sup>th</sup> – Oct 9<sup>th</sup>

Registration Begins

Htx Mbr: **August 7<sup>th</sup>** (Mon)

Non Mbr: **August 14<sup>th</sup>** (Mon)

#### Session 8

(5 weeks)

Oct 16<sup>th</sup> - Nov 15<sup>th</sup>

Registration Begins

Htx Mbr: **Sept 27<sup>th</sup>** (Wed)

Non Mbr: **Oct 4<sup>th</sup>** (Wed)

#### Session 9

(4 weeks)

Nov 27<sup>th</sup> – Dec 20<sup>th</sup>

Registration Begins

Htx Mbr: **Nov 8<sup>th</sup>** (Wed)

Non Mbr: **Nov 15<sup>th</sup>** (Wed)

**To Register for class:** Call front desk (**860-583-1843**) on/ after the above registration date with a card or Stop by center w/ a card, check or cash.

**Htx Makeup Lesson:** If Healthtrax cancels a swim lesson due to an unforeseen circumstance or inclement weather (ie. lightning, ice or snow), a makeup date will be scheduled.

**Swimmer Makeup:** When a swimmer misses a lesson, on a prior or following week in the same session, swimmer will take two lessons (back-to-back). **No credit** is given toward a future session for missed lesson(s).

### Wednesday Group Class Schedule

WEDNESDAY	Swim Classes	Age	Class Size	Swim Classes	Age	Class Size	Swim Classes	Age	Class Size
4:10 – 4:40p	Preschool	3–5yo	4	Level 1	6–10yo	4			
4:45 – 5:15p	Preschool	3–5yo	4	Level 2	6–12yo	6			
5:20 – 5:50p	Parent & Tot	6m–2yo	6	Level 1	6–10yo	4	Level 2	6–12yo	6
5:55– 6:25p	Level 3	7–12yo	6	Level 4	7–12yo	6	Level 5	7–12yo	6

### Group Classes

#### Sessions 7 & 8

One lesson per week  
(Total **5** lessons / session)

Non Mbr	---	Htx Mbr
<b>\$ 105</b> (1 <sup>st</sup> child)		<b>\$ 85</b> (1 <sup>st</sup> child)
<b>\$ 95</b> (sibing)		<b>\$ 75</b> (sibling)

#### Session 9

One lesson per week  
(Total **4** lessons / session)

Non Mbr	Htx Mbr
<b>\$ 85</b> (1 <sup>st</sup> child)	<b>\$ 70</b> (1 <sup>st</sup> child)
<b>\$ 75</b> (sibing)	<b>\$ 60</b> (sibling)





**Parent & Tot Class**

**Private Swim Lessons**

are offered to adults, teens, and children 6 – 12 yrs. Each swim lesson is 30 minutes.

**Max 10 private lessons.** (2 sessions with 5 lessons per session).

- To reduce our waitlist, we schedule one private slot per family.

**Please note:** First missed lesson can be rescheduled. However, additional missed lesson(s) will count as a taught lesson(s). Also, for semi-private & small group private, when one swimmer attends a lesson, it counts as a taught lesson for absent swimmer(s), as well.

Prices for <b>5 Lesson Pkg</b>	Private 1-to-1 instructor	Semi-Private 2-to-1 instructor	Small Group 3-to-1 instructor
<b>Non Member</b>	<b>\$ 220</b>	<b>\$ 270</b>	<b>\$ 300</b>
<b>Htx Member</b>	<b>\$ 200</b>	<b>\$ 250</b>	<b>\$ 276</b>

**Swim Level Descriptions**

Group Swim Classes	Ages	Class Time	Max Class Size	Descriptions
Parent & Tot	6 months to 2 yo	30 Mins	6	Designed for babies and toddlers to become comfortable in the water. Each child must be accompanied by an adult. Waterproof diaper/ pull-up required. <b>** NOT AN INFANT SURVIVAL CLASS **</b>
Preschool	3 – 5 yo	30 Mins	4	<b>For Beginners. Goals:</b> Perform basic safety skills. Improve basic swim & breathing. Solo swim (12-15 ft) on front and back. Solo floating. Solo jump in pool (3.5 ft) & swim to wall. Submerge & retrieve sinking rings (3 ft deep).
Level 1 <i>Beginner</i>	6 – 10 yo	30 Mins	4	<b>For Beginners. Goals:</b> Learn to perform basic water safety skills. Independently swim (20-30 ft) on front & back. Assisted front & back floats. Jump in shallow end (3.5 ft) & swim. Submerge & retrieve sinking ring at shallow end (3.5 ft deep).
Level 2	6 – 12 yo	30 Mins	6	<b>Pre-Req:</b> Beginner 1. <b>Goals:</b> Learn to perform intermediate water safety skills. Independently swim the length of pool (60 ft). Intro freestyle & backstroke, Solo pencil dive & jump. Learn underwater swim. Sinking rings (4.5 ft). Intro tread water & streamline push-off.
Level 3 <i>Intermediate</i>	7 – 12 yo	30 Mins	6	<b>Pre-Req:</b> Beginner 2. <b>Goal:</b> Learn to perform advanced water safety skills. Confidently swim 1 lap of freestyle and backstroke. Learn the breaststroke & elementary backstroke. Jump in pool, tread water, retrieve rings and swim. Underwater swim (15 ft). Learn open turn.
Level 4	7 – 12 yo	30 Mins	6	<b>Pre-Req:</b> Level 3. <b>Goal:</b> Learn to perform basic dryland rescue. Confidently swim 2 laps of freestyle and backstroke, 1 lap of breaststroke & elementary backstroke. Underwater swim (25 ft). Learn butterfly & flip turn.
Level 5 <i>Advanced</i>	7 – 12 yo	30 Mins	6	<b>Pre-Req:</b> Level 4. <b>Goal:</b> Quickly perform dryland rescue. Swim laps of freestyle and backstroke, 2 laps of breaststroke & elementary backstroke. Learn Side stroke, Underwater swim (25+ ft). Improve butterfly stroke