

REGISTRATION
IS
OPEN




waterwonders
SWIM SCHOOL FOR ALL AGES AND ABILITIES

SWIM LESSONS!

SWIM WITH ME, LEVEL 1, LEVEL 2, LEVEL 3, LEVEL 4 & SWIM TEAM

PRIVATE & SEMI-PRIVATE LESSONS

Healthtrax, Avon CT!

SWIM W/ME: SAT 9AM

LEVEL 1: MON 5PM, 5:30PM, WED 5:30, 6PM & SAT 9:30AM, 10AM & 11:30AM

LEVEL 2: WED 5PM, SAT 10:30AM

LEVEL 3/4: WED 6:30PM & SAT 11AM

***PRIVATE & SEMI PRIVATE BY REQUEST**

SESSION 3: APRIL 22ND - JUNE 14TH

WWW.WATERWONDERSWIMSCHOOL.COM

(888) 214-6256

info@WaterWondersSwimSchool.com



Learn to Swim Program

Swim with Me

Age: 3 months - 3.5yrs

30 minute

This class is designed to guide and teach parents on how to support their infants and young toddlers in the water and learn imperative water safety for young children. Parents will learn effective techniques on how to hold their child to support natural learning as well as buoyancy. Children will learn to be comfortable in the water, kick their feet, reach and pull their hands, go underwater happily, and begin swimming on their own.

Level 1

Age: 3-6yrs

30 minute

This beginner class will build water safety and independent confidence in the water through understanding and learning about how bodies work in the water. Swimmers will learn independent floating, going underwater, basic kick and arm stroke, and independent, underwater swimming.

Level 2

Age: 5-8yrs

30 minutes

This Level 2 class will help swimmers development independent front crawl stroke underwater and how to add breathing. Swimmers will also learn in the water, front to back float transition, how to jump in from the side of the pool and swim to the side safely as well as basic backstroke.

Level 3

Age 6yrs+

30 minutes

This class will teach swimmers the 3 of the 4 basic USA swimming strokes; Freestyle (including side breathing), backstroke and breaststroke as well as dives and treading water. Swimmers will also begin to learn Junior Lifeguarding skills.

Level 4

Age 6yrs +

30 minutes

This class is for advanced swimmers looking to add endurance and perfect USA swimming strokes and who are also ready to learn butterfly stroke. This class will cover flip turn and grab turns as well as encourage swimmer to explore other ways of enjoying the water i.e. snorkeling, scuba diving, water aerobics, recreational swimming and fitness swimming.

Team Water Wonders Swim Team

Age 7yrs+

60 minutes 2x week

This is a pre-competitive team setting class that meets 2 times weekly for 60 minutes. The class will further develop the age group swimmer and focus on all 4, legal, USA Swimming strokes as well as starts and turns. The class will work through endurance work outs and learn to self problem solve stroke technique. Lastly this class will teach swimmers swim team language and what to expect.

8 week session:

Healthtrax Member: \$112

Non Member \$140 (non member sibling \$126)