

Group Lesson Level Requirements:

Infant Preschool Program (IPAP):

Under 3 years old. Parents participate in the water with the child. ***Call For Times***

Level 1: Introduction to Water Skills

Child must:

Be at least 3 years old.

Level 2: Fundamental Water Skills

Child must:

Enter the water unassisted. (Jumping in not required)

Float on front and back unassisted but with floatation device.

Submerge voluntarily by putting face in water.

Be mobile without holding onto lane line/side of pool/instructor. (Use of floatation device is ok)

Level 3: Stroke Development

Child must:

Float on front and back without floatation device.

Submerge voluntarily by jumping in the water and diving for pool toys on the bottom.

Arm circles with kickboard and proper beathing.

Kick full length of the pool with kickboard and proper breathing.

Level 4: Stroke Development 2

Child must:

Be able to swim full length of the pool (25 meters) using freestyle stroke without stopping, fins allowed.

Complete full length of pool using backstroke without stopping, no equipment..

Level 5: Skill Improvement

Child Must:

Be able to swim a full length of the pool (25 meters) using freestyle stroke with no equipment or assistance.

Breaststroke kick using board.

Kick off the wall using a dolphin kick.

ADULT:

For any over age 21 person. We do not offer

Private or Semi-Private lessons for Adults, only the group class. ***Call For Times***

Group Lesson Schedule:

April 27th – May 24th

| | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|------|-------|----------------|-------|-------|-----|-----------------|-----|
| Lv 1 | | 5:00p | | | | 11:30a | |
| Lv 2 | 6:00p | 5:30p | | 5:30p | | 12:30p | |
| Lv 3 | 6:30p | 5:30p | 5:00p | 6:00p | | 12:00p 1:00p | |
| Lv 4 | 7:00p | 5:00p 6:60p | 5:30p | | | 12:30p 1:30p | |
| Lv 5 | 5:30p | 6:30p | | | | 1:00p 1:30p | |

Group Lesson Policies:

Schedule: All classes are 30 minutes, with 1-4 participants in the Level 1 & 2 classes, and 1-5 participants in the Level 3, 4 & 5 classes. Students will be evaluated at the beginning and end of each session and when necessary can moved to the appropriate level for their skills. Class times are available on a first come first serve bases so sign up before the time you want fills up.

Make-Up Classes: If a child must miss a class, they may be able to schedule a make-up lesson during the same session, only if there are openings in other class times of the same ability level. It is necessary to sign-up for the make-up lesson, either in person or over the phone, with the service desk. Make up lessons are not offered during the first week of a session. If all lessons time are full, it may not always be possible to schedule a make-up lesson, therefore; we ask that you attend your scheduled lesson whenever possible.

Make-Up times are not guaranteed.

Group Lesson Pricing:

| Classes/Week | Price |
|--------------|-------|
| 1 | \$100 |
| 2 | \$180 |
| 3 | \$240 |

Swim Team Training:

Swim Team Training with Coach Ryan Taylor:

Ages 7 and above, must have passed level 5: 60 Minutes

Every parent with a child in sports knows that it can be challenging to get real, one-on-one attention from a coach – especially when there's dozens of other kids on the team.

When your child is ready to take swimming more seriously, with a focus on competition, one-size-fits-all coaching isn't going to make the cut. I work with swimmers in small groups on everything from their strokes and turns to meet preparation, mental toughness, and race strategy depending on their level.

Swim Team Training Times:

Same start and end dates as Group Lessons

| | Monday | Wednesday | Friday | Saturday |
|------------|---------|-----------|---------|----------|
| STT (Ryan) | 6p – 7p | 6p – 7p | 6p – 7p | 2p - 3p |

Swim Team Training Prices:

| Competitive Swim Instruction |
|------------------------------|
| Once per Week: \$230 |
| Twice per Week: \$290 |
| Unlimited: \$320 |

Private Lessons:

Private or Semi-Private lessons offered to children of all ages. Call to inquire about available times.

Clients have five (5) weeks to complete the 4 lesson package.

Communicate with staff about extended absences to make accommodations.

| Package | Private | Semi-Private |
|-----------|---------|--------------|
| 4 Lessons | \$260 | \$170 |

New Client Information:

Parent Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

Phone #: _____

Email Address: _____

Registration Information:

Student(s) Name: _____

Age: _____

Level: IPAP 1 2 3 4 ADULT

STT Private Semi Private

Day(s) & Times: _____

Instructor: _____

Payment Information:

4 Private Lessons (\$260) 4 Semi Private Lessons (\$170)

Group Lessons Swim Team Training

TOTAL COST: _____

Superior

Water

Instruction @

Metro Fitness



Aquatics



SWIM LESSONS



April 27th – May 24th

4 Week Session

Metro Fitness Athletic Club

655 Metro Place South
Dublin, OH 43017

614-761-3355

www.metrofitnessohio.com