

# Group Swim Lessons Aug 31<sup>st</sup>-Sept 26<sup>th</sup>

**Registration Dates: August 18<sup>th</sup> – 28<sup>th</sup>**  
**Online Registration Available-Call for details**

**Monthly Fee: Lessons are held weekly (4 lessons) \$60 member \$80 non-member**

Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Little Guppies		10:30am Kay		4:15pm Grace		9am Grace
PS-Beginner			4:15pm Grace		3:30pm Grace	
PS-Intermediate	*4:15pm Maria				4:15pm Grace	
PS-Advanced			6pm Grace			
Level 1	*5:45pm Maria		3:30pm Grace		5pm Grace	9:45am Grace
Level 2	*5pm Maria		5pm Brenna			11:15am Grace
Level 3		4:15pm Grace	4:15pm Brenna		4:15pm Brenna	
Level 4		5pm Grace		5:45pm Grace	5pm Brenna	
Level 5			5:45pm Brenna			

**NOTE: Classes with fewer than two students will be canceled or combined with another class.**

- Swim School offers American Red Cross swim lessons for all ages and skill levels year-round. Instructors are Nationally Certified Swim Instructors.
- Specific Instructors may not be guaranteed.
- Classes may be added or removed based on demand.
- No phone reservations, refunds, pro-rates, credits, or make-up sessions unless a whole class is cancelled.
- Must be an active member to receive discount.
- Bring your Pro Health Membership card with you to register and check-in.

**\*No Classes on Monday  
 September 7<sup>th</sup>**

## Viera

8705 N Wickham Road  
 Melbourne, FL 32940  
 321.434.9149  
 myPHF.org

# Group Swim Lessons

## Aug 31<sup>st</sup>-Sept 26<sup>th</sup>

### Important Guidelines:

- All swimmers must check-in at the front desk no more than 10 minutes prior to their lesson time
- No pictures or videoing/taping is allowed at anytime
- Pool deck is limited to one parent/guardian
- Aquatic exercise equipment is for adult use only
- All swimmers must shower before entering the pool
- Swimmer must wait to enter the water until invited by their instructor
- Except for Organized Swim lessons, Children are not allowed in the Lap Pool
- Children 4 years and older are not permitted into the opposite sex changing area (family changing areas are available)
- Pool rules and guidelines are enforced. Please read and be familiar with the rules prior to any pool activity.

### Class Descriptions:

#### Little Guppies: 6 Months to 3 Years

Familiarizes young children to the water and prepares them to learn to swim in the Preschool program. This course gives parents safety information and teaches techniques to help orient their children to the water.

- **PARENT IN WATER WITH CHILD**
- 10:1 student/instructor ratio
- Classes are sometimes broken into Group-A and Group-B
- Group-B being the advanced level, swimmers should be at least 18 months old
- **Double Diaper Policy: Plastic/Vinyl pant and swim diaper are required for un-toilet trained students**

#### Pre-School: Age 3-4 y/o only (3 levels offered)

**Beginner:** Orients children to the aquatic environment and helps them gain basic aquatic skills

**Intermediate:** Children gain greater independence in their skills and develop more control in the water

**Advanced:** Helps children start to gain basic swimming propulsive skills

- Student/instructor ratio of 4:1
- **Parents are NOT in the water in Preschool classes**

#### Swim School: 5 years of age and older, no exceptions

**Level 1 (SS1):** Introduction to Water Skills: Students will learn how to feel comfortable in the water and safely enjoy it.

**Level 2 (SS2):** Fundamentals of Aquatic Skills: Children will learn basic swimming skills.

**Level 3 (SS3):** Stroke Development: Additional guided practice will help students improve their skills.

**Level 4 (SS4):** Stroke Improvement: Kids will gain confidence during swim lessons, improve their stroke, and gain additional aquatic skills.

**Level 5 (SS5):** Stroke Refinement: Guidance allows kids to refine their strokes and become more efficient swimmers.

**Ask our staff for assistance if you are unsure which level is right for your swimmer.**