

MPSS at Green Valley: March 4-April 20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Get Wet	Get Wet	Get Wet	Get Wet	Get Wet	Get Wet
TODDLER 2's	TODDLER 2's	TODDLER 2's	TODDLER 2's	TODDLER 2's	TODDLER 2's
5:30 Brooke 6:30 Brooke		5:00 Bebe	5:00 Jenay 6:00 Jenay		
Pre-Beginner	Pre-Beginner	Pre-Beginner	Pre-Beginner	Pre-Beginner	Pre-Beginner
6:00 Brooke (1)	4:00 Ciera (1)		5:30 Jenay (1)		
Beginner	Beginner	Beginner	Beginner	Beginner	Beginner
	4:30 Ciera(1)	6:00 Brooke (2)	4:30 Jenay (1)		
Advanced Beginner	Advanced Beginner	Advanced Beginner	Advanced Beginner	Advanced Beginner	Advanced Beginner
5:00 Bebe (1)	5:00 Ciera (1)	6:30 Brooke (2)	4:00 Jenay (1)		
Intermediate	Intermediate	Intermediate	Intermediate	Intermediate	Intermediate
	6:00 Ciera				
Stroke Clinic	Stroke Clinic	Stroke Clinic	Stroke Clinic	Stroke Clinic	Stroke Clinic

REGISTER at Concierge Desk at ClubFitness Oak Branch
info@clubfitnessgso.com or (336) 851-1890 ext 1102

Mar 4-April 20 is 7-Week Session: \$91 Members / \$104 Non-Members

Payment in full is due at the time of all registration.

We do not offer credit or makeup lessons for individual absences.

ClubFitness reserves the right to reschedule and merge any class with insufficient enrollment.

PRIVATE SWIM LESSONS AVAILABLE: Please contact Concierge Desk

Private Fee: \$35/per one 30 minute lesson OR \$240/per package of 8 lessons (\$30/each lesson)*



CLUBFITNESS

Michael Phelps Swim School Class Descriptions

Get Wet (6 mos-3 yrs)

A parent and child class for children three years of age and younger (exceptions made for older children). Ratio 8:1

Pre-Beginner (PBI 3-5 yrs, PBII 6+ yrs)

Our first class without parental involvement. Children will learn to become comfortable in and under the water. No experience needed. Children will learn to be comfortable under water, how to float, and the beginning of freestyle movement. Ratio 4:1

Beginner (BI 3 yrs-5 yrs, BII 6+ yrs)

For children who are comfortable in the water, able to completely submerge, and can float on their front and back without assistance. Children will continue to learn freestyle and learn rotary breathing as well as backstroke. Ratio 4:1

Advanced Beginner (ABI 4-6 yrs ABII 7+ yrs)

For children that can swim freestyle with rotary breathing and can swim on their back. Freestyle (crawl stroke) skills are honed and other competitive strokes will be introduced and taught. Ratio 5:1

Intermediate (6 yrs and up)

Intermediate swimmers can swim for a distance unaided (+25 yards). Additionally, these swimmers demonstrate comfortable rotary breathing with freestyle, a competent backstroke, and feel for the water. Butterfly and breast stroke will be of greater focus. Ratio 5:1

Stroke Clinic I: (Graduate of Intermediate)

Swimmer must have competent freestyle & backstroke 50 yd min. and understand butterfly and breast stroke. Stroke technique, development & refinement is highlighted. Ratio 8:1

Club Aquatic Academy Class Descriptions:

Toddler 2: (18mths—36mths) 20 minute lesson, Beginner level swim class for toddlers, without parent participation. No prior experience required. Working towards comfort under the water and swimming to the wall Ratio 2:1.

Toddler 3 (2 1/2-4 yrs) 30 minute lesson, Graduates of T2, or advanced toddlers, must already be able to swim to the instructor and back to the wall without assistance. Comfortable with face in water. Working towards being able to jump in and return to the wall as well as learning to breath effectively. Ratio 3:1

PRIVATE SWIM LESSON PRICING:

\$35/per one 30 minute lesson OR \$240/per package of 8 lessons (\$30/each lesson)*

Must purchase package of 8 at one time to receive discounted rate

\$25/per one 20 minute lesson (TODDLERS) or \$160/per package of 8/20 min lessons

SEMI-PRIVATE SWIM LESSON PRICING:

**For 2 Children/MUST BE similar swim level/at same time). Typically siblings or "friends"*

**Price is PER CHILD/Per Lesson*

As a general rule, **we do NOT MATCH UP SWIMMERS. Refer to Blair if any questions.*

\$25/per 30 minute lesson **per child*

This means if siblings are taking semi-private it will be \$50 total for one/30 minute lesson

Or if it is 2 friends taking semi-private, each family is paying \$25 per 30 minute lesson

\$180/per package of 8 lessons (per child) (\$22.50 per lesson/per child)

\$360/per package of 8 lessons (for 2 siblings)

To Register contact: Concierge at ClubFitness Oak Branch info@clubfitnessgo.com or (336) 851-1890 ext 1102