



MPSS at Oak Branch: March 4-April 20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Get Wet	Get Wet	Get Wet	Get Wet	Get Wet	Get Wet
					9:25 Ashley
TODDLER 2's	TODDLER 2's	TODDLER 2's	TODDLER 2's	TODDLER 2's	TODDLER 2's
	10:00 Maria M 10:50 Maria M 3:10 Blair 5:00 Blair	3:40pm Jenay	4:15 Ashley 5:55 Moon	5:50 Moon	10:00 Ashley
Pre-Beginner	Pre-Beginner	Pre-Beginner	Pre-Beginner	Pre-Beginner	Pre-Beginner
5:30 Jenay (2)		5:00 Jenay (1)	2:00 Ashley (1) 3:10 Ashley (2)	4:30 Ciera (2) 6:00 Ciera (1)	9:30 Jessica (2) 11:00 Jessica (1) 11:35 Moon (1)
Beginner	Beginner	Beginner	Beginner	Beginner	Beginner
4:00 Jenay (2) 6:00 Jenay (1)	10:20 Maria M (1) 5:50 Blair (1)	4:00 Jenay (1) 5:30 Moon (1) 6:00 Jenay (2)	2:35 Ashley (1) 4:45 Moon (1) 5:20 Moon (2)	3:00 Moon (1) 4:00 Ciera (1) 5:30 Ciera (1)	11:05 Moon (1) 11:30 Jessica (2)
Advanced Beginner	Advanced Beginner	Advanced Beginner	Advanced Beginner	Advanced Beginner	Advanced Beginner
5:00 Jenay(1)	3:30 Blair (1) 5:20 Blair (1)	4:30 Jenay (1) 6:00 Moon (1)		3:35 Moon (1) 5:00 Ciera (1) 6:30 Ciera (2)	12:05 Moon (1)
Intermediate	Intermediate	Intermediate	Intermediate	Intermediate	Intermediate
6:00 Blair	4:30 Blair	5:30 Jenay			10:30 Jessica 10:35 Moon
Stroke Clinic I	Stroke Clinic I	Stroke Clinic I	Stroke Clinic I	Stroke Clinic I	Stroke Clinic I/II
		4:00 Moon	6:00 Blair		9:30 Moon
Stroke Clinic II	Stroke Clinic II	Stroke Clinic II	Stroke Clinic II	Stroke Clinic II	Stroke Clinic II
				4:10 Moon	

REGISTER at Concierge Desk at Oak Branch
 info@clubfitnessgso.com or (336) 851-1890 ext 1102
 March 4-April 20 is 7-Week Session: \$91 Members / \$105 Non-Members
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)*
Must purchase package of 8 at one time to receive discounted rate

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

Stroke Clinic II: (Clinic I Graduates)

Swimmer must have a competent free & back strokes for 100 yds min, and breast & butterfly 50 yd min. Stroke technique, development & refinement with emphasis on starts, turns, & finishes highlighted. Ratio 8:1

Stroke Clinics are 60 minutes, all other MPSS classes are 30 minutes.

Club Fitness 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

Coach J Swim Training

Swim Training I: 8 and unders, must be able to swim 25 yds correctly of free (with rotary breathing) & back, be familiar with breast and butterfly strokes. 60 min lesson, twice a week. Ratio 12:1

Swim Training II: 9 and ups, must be able to swim 100 yds free & back, 50 yds of breast & butterfly strokes. 60 min lesson, twice a week. Ratio 12:1

PRIVATE SWIM LESSON: Please inquire at Registration Desk & we will coordinate with Aqua Dep. \$35/per one 30 minute lesson OR \$240/per package of 8 lessons (\$30/each lesson)*

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