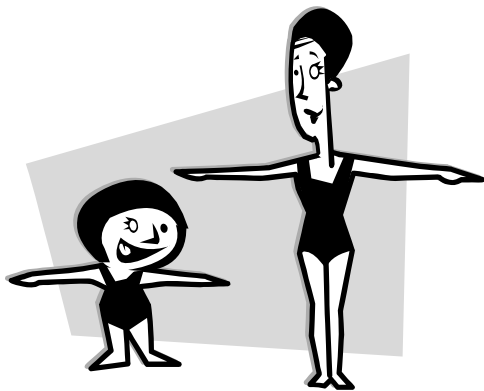


LEARN TO SWIM!

Allstar Fitness offers year round “Learn to Swim” programs for both children and adults. Sessions are taught by nationally certified water safety instructors in a safe and fun atmosphere.



2629 SW Andover St.
Seattle WA
206.932.9999

LEVELS OF INSTRUCTION

AQUATOTS

Ages 6 months to 24 months**

Introduce your child to the joy of water! Emphasis is placed on becoming comfortable in the water, safety and supported movement **WITH PARENT PARTICIPATION**. Complimentary with membership.

ADVANCED AQUATOTS

Ages 2-3 years

In between Aquatots and regular swim lessons, a transitional class for children who are not fully independent of parental assistance in the water. Emphasis is placed on learning basic swimming and water skills **WITH PARENT PARTICIPATION** and instructor assistance. Complimentary with membership.

P-1

Ages 4 and up**

BEGINNER swim lessons for first time swimmers and children fearful or hesitant around water. Introduces basic skills like entering pool from the side or steps, submerging the head, blowing bubbles, and kicking the feet.

Prerequisites: Successful completion of Aquatots or permission from Allstar Fitness Aquatics Staff.

P-2

Swim lessons for children not fearful of water but still new to swimming. Introduces complete head submersion and doing certain skills unassisted that were introduced in P-1 sessions.

Prerequisites: Successful completion of P-1 or permission from Allstar Fitness Aquatics Staff.

P-3

Swim lessons for children showing no fear of water. Skills include controlled bubble blowing, completely submerging the head and developing basic swim strokes while unassisted.

Prerequisites: Successful completion of P-2 or permission from Allstar Fitness Aquatics Staff.

PREREQUISITES

YOUTH

Ages 7-16**

Sessions for children who can demonstrate a good understanding of all water skills including unassisted entries, treading, glides and floating. If applicable, instruction also includes refinement of strokes for competition.

If you have any further questions please contact Allstar Fitness Aquatics Programs Coordinator CECILY DASH at (206) 932-9999.

PRIVATE LESSONS

Private and Semi-private lessons are available upon request. Please contact the Allstar Fitness Aquatics Department for further information.

**LESSON PLACEMENT POLICIES

While the age of participants is considered as a guideline, placement in an appropriate session is based on a swimmer's **DEMONSTRATED SKILL MASTERY**. Advanced placement requires prior approval and is at the sole discretion of the Allstar Fitness Aquatics Staff.

SCHEDULE

AQUATOTS and ADVANCED AQUATOTS

Fridays and Saturdays
10:00-10:30 AM Infants ages 6 -18 months
10:30-11:00 AM Children ages 19-36 months
11:00-12:00 AM Children ages 2-3 years

CHILDRENS LESSONS

Mondays and Wednesdays
4:30 PM - 6:00 PM
Tuesdays and Thursdays
4:30 PM - 6:00 PM

ADULTS

Contact Aquatics Department for specific information.

AQUATOTS and ADVANCED AQUATOTS

Complimentary with membership.

FEEES

GROUP LESSONS

Four week sessions meeting twice each week for 30 minutes.
One swimmer \$ 60.00 each
2 swimmers \$ 50.00 each
3 or more swimmers \$ 40.00 each

PRIVATE LESSONS

Six sessions 30 minutes in length.
Children \$ 90.00
Adults \$ 120.00

If you have any further questions please contact Allstar Fitness Aquatics Programs Coordinator CECILY DASH at (206) 932-9999.

