

# Saco Sport & Fitness 2010 Swimming Lessons

**Weekly Classes -ONCE A DAY FOR A WEEK**  
 (\$45 week or \$79 for two weeks)

**Weekly Class Dates\*\* *Sign up for two weeks and SAVE!***

<b>Week One</b>	June 21st- June 25th	Monday Through Friday
<b>Week Two</b>	June 28th- July 2nd	Monday Through Friday
<b>Week Three</b>	July 5th- July 9th	Monday Through Friday
<b>Week Four</b>	July 12th- July 16th	Monday Through Friday
<b>Week Five</b>	July 19th- July 23rd	Monday Through Friday
<b>Week Six</b>	July 26th- July 30th	Monday Through Friday
<b>Week Seven</b>	Aug 2nd- Aug. 6th	Monday Through Friday
<b>Week Eight</b>	Aug 9th- Aug. 13th	Monday Through Friday
<b>Saturdays</b>	June 26th- July 31st	Saturdays

**Three Weeks - MEETS TWICE A WEEK**  
 (\$49 for three week class)

<b>Session One</b>	June 7, 9, 14, 16, 21, 23 Monday and Wednesdays	Pre-School (9-9:30) Level 1 (8:30-9:00) Level 2 (9:30-10:00)
<b>Session Two</b>	June 28, 30, July 12,14,19, 21 <i>Monday and Wednesday</i> or June 29, July 1,6,8,13,15 <i>Tuesday and Thursday</i>	<b>Level 1</b> (8:15-8:45) <b>Level 2</b> (8:45-9:15) <b>Level 3</b> (9:15-10:00) <b>Level 4</b> (10:00-10:45)
<b>Session Three</b>	Aug 2, 4, 9, 11, 16,18 Monday and Wednesdays  All classes are in the mornings	<b>Level 1</b> (8:30-9:00), <b>Level 2</b> (9:00-9:30), <b>Level 3</b> (9:30-10:15), <b>Level 4</b> (10:15-11:00)

## Private, Semi Private, and Adult Lessons

Private lessons for adults and children are available upon request. Please email [beth@sacofitness.com](mailto:beth@sacofitness.com) or call the service desk to set up lessons.

Cost for Private 30 minute class is \$20 (one person)  
 Semi-Private 30 minute class is \$30 (two or more people)

# Saco Sport & Fitness 2010 Swimming Lessons

## SWIMMING LEVELS - *Times indicated are for weekly classes*

<b>Pre-School</b> 11:45am-12:15 pm	Complete non-swimmer. Parent must be by the pool. Can use flotation device for comfort.
<b>Level One</b> 11:15am-11:45 am	A non-swimmer. Not comfortable putting face in water. Sits on steps 100% independently and has command of listening skills. No Flotation device used at this level and beyond.
<b>Level Two</b> 10:00am-10:30 am	Is able to put face and head in water for 3 seconds. Glide on belly with face in the water with some assistance. Back glide with some assistance.
<b>Level Three</b> 10:30am-11:15am	Must swim independently (any style). Will be learning to coordinate arms & legs with rhythmic breathing. Be willing to jump into the water and swim to safety. Must be able to complete 10 "bobs" prior to beginning class.
<b>Level Four</b> 9:15am-10:00am	Be able to swim the front crawl the length (20 yards) of pool using rhythmic breathing.
<b>Level Five</b> 8:30am-9:15 am	Show command of the front crawl by completing a 50 yard swim. Should be competent in all other strokes except the butterfly.
<b>Pre-Swim Team</b> 8:00am-8:30 am	Should be competent in all strokes. Can swim multiple lengths of the pool or be willing to work toward that goal.

### Swimming Application

Swimmer (1) Name: \_\_\_\_\_ Age: \_\_\_\_\_

Swimmer (2) Name: \_\_\_\_\_ Age: \_\_\_\_\_

Parent's Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Swimmer (1) Week(s) \_\_\_\_\_ Dates \_\_\_\_\_ Level \_\_\_\_\_

Swimmer (2) Week(s) \_\_\_\_\_ Dates \_\_\_\_\_ Level \_\_\_\_\_

Notes to the Instructor: \_\_\_\_\_

The undersigned hereby expressly releases and holds harmless Saco Sport & Fitness and its agents and employees from and against any and all claims, suits, actions and damages arising out of, connected with, or resulting from my child's participation in Saco Sport & Fitness swimming lessons.

Parent's Signature: \_\_\_\_\_

## **COMPLETE AN APPLICATION, PAY AT THE SERVICE DESK AND SHOW UP TO SWIM!**

**Applications are available on-line or at the service desk. Complete your application, bring it in to the service desk and pay for the class to hold your spot.**

### **Important Information:**

**\*Classes are first come; first serve. \* Sign up at the service desk  
\*Payment holds your spot. \*There are minimum participant requirements. \*There are no refunds for missed classes. \*Weather related make-up classes available. \*If the class you want is unavailable, we will call. Otherwise, just show up to swim!**

**For more information, call 207-284-5953 or email:  
[beth@sacofitness.com](mailto:beth@sacofitness.com)**