



CLUB ONE FITNESS

KID'S GROUP SWIM LESSONS WINTER SESSION

January 11, 2017-March 1, 2017

A Beginner Swimmers

***2-3yrs old**

Wednesdays: 4:30—5:00pm

For children who are ready to be in the water without a parent. Learn basic water skills—ie; kicking, blowing bubbles, holding breath underwater, floating and being able to hold onto the side of the pool while acquiring water confidence and safety.

B Intro Level—Basic Skills

***3-5 yrs old**

Wednesdays: 5:00—5:30pm

For children who are ready to learn proper kicking and arm stroke techniques. Little to no swim experience required other than being comfortable in the water. Practice kicking and arm stroke techniques, floating, kicking while on their back and water safety. Learn to begin to tread water.

C Level 3—Stroke Skills

***6-9 yrs old**

Tuesdays: 5:30—6:00pm

(Session begins 9/27)

For children who are ready to learn to swim freestyle, elementary backstroke and treading water.

Lesson Fees:

Members: \$100 (one child)
 \$90 (second child)
 \$80 (third child)
NonMembers: \$160/child

Turn in registration and payment to the Front Desk.

*For more information, contact Matt Labishak,
412-362-4806 x104*

matt@club1pittsburgh.com

*Private lessons also available.

Parent Name (First/Last) _____ Phone _____

Child Name (First) 1. _____ 2. _____ 3. _____

Age/Skill Category (A,B,C) _____ _____ _____

DATE: _____ Payment Options: _____ Cash _____ Check _____ Credit Card

Total Fees: Member: \$ _____ for # _____ (Child/Children)

NonMember: \$ _____ for # _____ (Child/Children)

Lesson Agreement: *I understand that the success of the Club One Fitness Aquatics Program depends on my adherence to the prescribed program. I am aware that it is my responsibility to have my child attend scheduled sessions and that fees are non-refundable.*

Parent Signature _____

