



CLUB ONE FITNESS

# KID'S GROUP SWIM LESSONS SPRING SESSION

## APRIL 5-MAY 24, 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  
Wednesdays: 5:30—6:00pm  
For children who are ready to learn to swim freestyle, elementary backstroke and treading water.

### Lesson Fees:

Members: \$120(one child)  
                   \$100 (second child)  
                   \$90(third child)  
 NonMembers: \$180 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 \_\_\_\_\_

