

FORT BELVOIR AQUATICS SWIM LESSONS

BEGINNER NO.1 ~ LEVEL 1

FEB 16 - MAR 11 ~ TUE & THU ~ 4:15 PM - 4:55 PM ~ 6:20 PM - 7:00 PM

FEB 20 - MAR 13 ~ SAT ~ 10:00 AM - 10:40 AM ~ 10:45 AM - 11:25 AM

NO SWIMMING SKILL NECESSARY. AGES 6-12.

BEGINNER NO.2 ~ LEVEL 2

FEB 16 - MAR 11 ~ TUE & THU ~ 5:00 PM - 5:40 PM ~ 6:20 PM - 7:00 PM

FEB 20 - MAR 13 ~ SAT ~ 10:00 AM - 10:40 AM ~ 10:45 AM - 11:25 AM

REQUIREMENTS: ABLE TO ENTER WATER INDEPENDENTLY, TRAVEL AT LEAST 5 YARDS, BOB UP AND DOWN 3 TIMES (BEFORE EXITING INDEPENDENTLY), GLIDE IN SHALLOW WATER AT LEAST 2 BODY LENGTHS, ROLL TO BACK AND FLOAT FOR 3 SECONDS, RECOVER TO A VERTICAL POSITION. AGES 6-12.

ADVANCED BEGINNER ~ LEVEL 3

FEB 16 - MAR 11 ~ TUE & THU ~ 4:15 PM - 4:55 PM ~ 5:00 PM - 5:40 PM

FEB 20 - MAR 13 ~ SAT ~ 10:45 AM - 11:25 AM

REQUIREMENTS: ABLE TO STEP INTO CHEST-DEEP WATER, FRONT FLOAT FOR 5 SECONDS, ROLL TO BACK AND FLOAT FOR 5 SECONDS, RETURN TO A VERTICAL POSITION, SWIM 5 FULL BODY LENGTHS FOLLOWED BY BACK FLOAT FOR 15 SECONDS, FOLLOWED BY CONTINUED SWIMMING FOR 5 BODY LENGTHS. AGES 6-12.

INTERMEDIATE ~ LEVEL 4 & 5

FEB 16 - MAR 11 ~ TUE & THU ~ 5:00 PM - 5:40 PM

FEB 20 - MAR 13 ~ SAT ~ 10:00 AM - 10:40 AM

REQUIREMENTS: JUMP FROM SIDE, 15 YARD FREESTYLE SWIM, 30-SECOND FLOAT OR TREADING ACTION, 15 YARD ELEMENTARY BACKSTROKE. AGES 6-12.

ADVANCE SWIMMERS (FITNESS) ~ LEVEL 6

FEB 16 - MAR 11 ~ TUE & THU ~ 4:15 PM - 4:55 PM

REQUIREMENTS: SHALLOW ANGLE DIVE FOLLOWED BY A 50 YARD FREE SWIM, IMMEDIATELY FOLLOWED BY A 50 YARD ELEMENTARY BACKSTROKE, 25 YARD BREAST FOLLOWED BY A 25 YARD BACK. AGES 6-12.

TEENS & ADULTS BEGINNERS & NOVICES

FEB 16 - MAR 11 ~ TUE & THU ~ 6:20 PM - 7:00 PM

NO SWIMMING SKILL NECESSARY. AGES 13 YEARS AND UP.

PRESCHOOL LEVEL 1

FEB 17 - MAR 15 ~ MON & WED ~ 4:35 PM - 5:05 PM

FEB 16 - MAR 11 ~ TUE & THU ~ 8:45 AM - 9:15 AM ~ 5:45 PM - 6:15 PM

FEB 20 - MAR 13 ~ SAT ~ 11:30 AM - 12:00 PM

FEB 21 - MAR 14 ~ SUN ~ 11:15 AM - 11:45 AM

NO SWIMMING SKILL NECESSARY. AGES 4-5 (MAXIMUM 4).

PRESCHOOL LEVEL 2

FEB 17 - MAR 15 ~ MON & WED ~ 5:10 PM - 5:40 PM ~ 6:20 PM - 6:50 PM

FEB 16 - MAR 11 ~ TUE & THU ~ 9:20 AM - 9:50 AM ~ 5:45 PM - 6:15 PM

FEB 20 - MAR 13 ~ SAT ~ 11:30 AM - 12:00 PM

FEB 21 - MAR 14 ~ SUN ~ 11:50 AM - 12:20 PM

REQUIREMENTS: ABLE TO ENTER WATER INDEPENDENTLY, TRAVEL AT LEAST 5 YARDS, SUBMERGE AND BLOW BUBBLES FOR 3 SECONDS (BEFORE EXITING INDEPENDENTLY), GLIDE IN SHALLOW WATER AT LEAST 2 BODY LENGTHS, ROLL TO BACK AND FLOAT FOR 3 SECONDS, RECOVER TO A VERTICAL POSITION. AGES 4-5 (MAXIMUM 4).

PRESCHOOL LEVEL 3

FEB 17 - MAR 15 ~ MON & WED ~ 5:45 PM - 6:15 PM

FEB 16 - MAR 11 ~ TUE & THU ~ 10:30 AM - 11:00 AM ~ 5:45 PM - 6:15 PM

FEB 20 - MAR 13 ~ SAT ~ 11:30 AM - 12:00 PM

FEB 21 - MAR 14 ~ SUN ~ 12:25 PM - 12:55 PM

REQUIREMENTS: ABLE TO ENTER WATER INDEPENDENTLY, GLIDE ON FRONT AT LEAST 2 BODY LENGTHS, ROLL TO BACK AND FLOAT FOR 5 SECONDS, RECOVER TO VERTICAL POSITION, GLIDE ON BACK AT LEAST 2 BODY LENGTHS, ROLL TO FRONT, FLOAT FOR 5 SECONDS, RECOVER, SWIM USING COMBINED ARM AND LEG ACTION FOR 3 BODY LENGTHS, ROLL TO BACK AND FLOAT FOR 5 SECONDS, THEN ROLL TO FRONT AND SWIM 3 BODY LENGTHS USING COMBINED ARM AND LEG ACTION. AGES 4-5 (MAXIMUM 4).

PARENT AND CHILD LEVEL 1 & 2

FEB 17 - MAR 15 ~ MON & WED ~ 4:00 PM - 4:30 PM

FEB 16 - MAR 11 ~ TUE & THU ~ 9:55 AM - 10:25 AM

NO SWIMMING SKILL NECESSARY. AGES 6 MONTHS - 4 YEARS.

SWIM LESSON FEES

8 X MON & WED

8 X TUE & THU

4 X SAT OR SUN

1ST FAMILY / EACH ADDITIONAL

\$45.00 / \$35.00

\$45.00 / \$35.00

\$27.50 / \$20.50

PRIVATE LESSONS

\$25.00 PER 30 MIN.

SEMI-PRIVATE (2 FAMILY MEMBERS)

\$40.00 PER 30 MIN.

ADDITIONAL FAMILY MEMBER DISCOUNTS ONLY APPLY TO SAME FEE COURSES. REFUNDS ARE ONLY OFFERED FOR PCS OR ILLNESS WITH A PROVIDED DOCTORS NOTE.

INFORMATION: 703.805.2620 ~ WWW.BELVOIRMWR.COM/POOLS

REGISTRATION BEGINS
1 FEB 2010

NO CLASSES
15 FEB 2010

BENYAURD INDOOR POOL
BUILDING 182

