



Villa Swim lessons – After School Program
TUESDAY AND THURSDAY AT 3:30 UNTIL 4:40

We are thrilled and blessed to be returning for our 6th year teaching swim at Villa Maria! Registration is open for the 6 week swim session – session dates are Sept. 17, 2019 through October 24, 2019 Price - \$125.00 for one day a week and \$240.00 for two days a week.

Space is limited -Last day to register Sept. 13, 2019

First grade and older eligible

• **Tuesday**

Sept 17	Sept 24	Oct 1	Oct 8	Oct 15	Oct 22
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• **Thursday**

Sept 19	Sept 26	Oct 3	Oct 10	Oct 17	Oct 24
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Leveled Lessons teaching beginner, intermediate and advanced swimmers separately.

Swim Lesson skills taught (*for beginners):

Bubbles

Face and head in the water*

Back float with kicking and flapping arms*

Jumping in and floating on back*

Front glide*

Big arms*

Ratio: Four to Five children to one instructor (ratio may be modified if group of swimmers are Intermediate / Advance levels). After lessons ~ supervised free time using skills taught.

Streamlining

Freestyle breathing with freeze on side

Freestyle breathing to both sides

Freestyle breathing with freeze on side

Breaststroke

Diving

Contact Heather Wadsworth @ 484-947-7315

(goingfitexercise@gmail.com) with questions.