

ST. JOE

FALL SWIM LESSONS



GIVE THE GIFT OF SWIMMING BY ENROLLING TODAY!

Water safety included with each class

**Private and semi-private lessons are always
available on request.**

Call to reserve your space today!

See the back for swim schedule



QUESTIONS? CONTACT MARY FRAZIER, MFRAZIER@GENESISHEALTHCLUBS.COM, 816.294.4573 // GENESIS FRONT DESK, 816.233.0261

AQUATICS 2021 FALL LESSON SCHEDULE

SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Swim Team Conditioning 3:00-4:00 pm	Beginner 1 11:05-11:35 am	Adult Beginner 10:30-11:00 am	Beginner 1 11:05-11:35 am		Beginners 1 10:30-11:00 am
	Beginner 1 & 2 4:30-5:00 pm	Beginner 2 11:40-12:10 pm	Swim Team Conditioning 3:00-4:00 pm	Beginner 2 11:40-12:10 pm		Beginners 2 11:10-11:45 am
	Beginner 2/ Intermediates 5:05-5:35 pm	Swim Team Conditioning 3:00-4:00 pm	Beginner 1 & 2 4:30-5:00 pm	Swim Team Conditioning 3:00-4:00 pm		Intermediates 11:10-11:45 am
		Baby and Me 4:30-5:00 pm	Beginner 2/ Intermediates 5:05-5:35 pm	Baby and Me 4:30-5:00 pm		Advance 11:15-11:45 am
		Beginner 1 4:30-5:00 pm		Beginner 1 4:30-5:00 pm		Swim Team Conditioning 11:45-12:45 pm
		Swim Team Conditioning 5:00-6:00 pm		Swim Team Conditioning 5:00-6:00 pm		

CLASS DESCRIPTIONS

***NEW* ADULT BEGINNER SWIM LESSONS**

This is a new class for adults that would like to learn to swim or learn to swim better. This is a 30-minute class that will focus on the fundamentals of swimming. No experience is required.

BABY AND ME - AGES 6 MONTHS-3 YEARS

Parents in class with baby. Swim diaper required.

This class builds basic water safety skills for both parents and children, helping infants and young children to become comfortable in the water so they are willing and ready to learn to swim. These basic skills include adjusting to the water environment, showing comfort while being in the front position and back position in the water, and demonstrating breath control (including blowing bubbles and/or voluntarily submerging underwater).

BEGINNERS 1 - AGES 3-5 YEARS

Helps both new swimmers and those that might be fearful of the water to focus on water safety, floating, front, and back movements, breath control, and hybrid strokes.

BEGINNERS 2 - AGES 6 & UP

Designed to focus on water safety and introduces the freestyle, backstroke, treading, and elementary stroke while building endurance.

INTERMEDIATES - AGES 6 & UP

Designed to develop and refine freestyle, backstroke, elementary backstroke and introduce breaststroke, turns, and simple dives. Students must know freestyle but need technique.

ADVANCE - AGES 6 & UP

Designed to develop and refine freestyle, backstroke, and to introduce the breaststroke and butterfly, along with various turns and racing starts. This class will build endurance and technique. Students must know Freestyle but need technique.

SWIM TEAM CONDITIONING - AGES 8 & UP

The Swim class is one hour and focuses on competitive strokes, turns, and starts for swim team competition. We will build endurance and refinement of strokes through drills. This is a great class for those who also love swim and just want the exercise. Please register early as space is limited. Students must know Freestyle and can swim laps.

WATER SAFETY IS INCLUDED IN EVERY CLASS. PRIVATE LESSON AND SEMI-PRIVATE ON REQUEST! SWIM LESSONS ARE AVAILABLE ALL YEAR.