

Learn to Swim Program
Swimming Lesson Schedule
Fall 2008 Session I

Participants of the Summer 2008 Session and active members may register beginning:
Monday, September 8, 2008. Registration hours are: Monday -Friday 6:00a.m. -9:00p.m.

Saturday & Sunday 8:00a.m. - 8:00p.m.

Thank you for your support and participation!

New Student Registration: September 13th at 8:00am

PLEASE NOTE: Only *ONE* Entrance, the door located in the front of the Hotel, will be open
to enter the facility on registration day.

<u>Wednesday Classes</u>	<u>September 17 - October 22</u>	<u>Instructor: Mrs. Cindy</u>
5:00pm - 5:40pm	Level I	
5:45pm - 6:25pm	Level II	
6:30pm - 7:10pm	Level III	
7:15pm - 7:55pm	Adult Beginner	
<u>Friday Classes</u>	<u>September 19 - October 24</u>	<u>Instructor: Mrs. Cindy</u>
5:00pm - 5:40pm	Level I	
5:45pm - 6:25pm	Level II	
6:30pm - 7:10pm	Level III	
7:15pm - 7:55pm	Adult Intermediate	
<u>Saturday Classes</u>	<u>September 27 - November 1</u>	<u>Instructor: Ms. Cecilia</u>
10:30am - 11:00am	Water Babies/ Aqua Tots, Parent/Guardian assist required	
11:05am - 11:35am	Water Babies/ Aqua Tots, Parent/Guardian assist required	
11:40am - 12:10pm	Water Babies/ Aqua Tots, Parent/Guardian assist required	
12:15pm - 12:45pm	Preschool I	
12:50pm - 1:20pm	Preschool II	
1:25pm - 2:05pm	Level I	

Please see Reverse for more Saturday Classes

Saturday Classes

September 20 – October 25

Instructor: Mrs. Cindy

1:30pm – 2:10pm	Level I
2:15pm – 2:55pm	Level II
3:00pm – 3:40pm	Level I
3:45pm – 4:25pm	Level III
4:30pm – 5:10pm	Adult Swim

Private Lessons: Individual instruction provided at your convenience. Schedule in person or call leaving contact information during our regular business hours.

<u>Fees:</u>	<u>Members</u>	<u>Discount</u>	<u>Nonmembers</u>
Private Lessons: 4 (30 min.) sessions:	\$109.00		\$119.00
Water Babies & Aqua Tots:	\$50.00		\$55.00
Preschool 1 through Adult:	\$60.00		\$65.00

The registration fee is nonrefundable and nontransferable.

Any classes canceled by the facility or the instructor will be added at the end of the session. Course descriptions are available in the Fitness & Sports Club. If you have any questions, please call the Fitness & Sports Club: 301-877-4806.

Inclement Weather Policy & Class Cancellation Policy

- o Evening classes - please call the facility after 3:30 p.m.
- o Saturday morning classes -please call the facility after 8:45 a.m.
- o Classes may be canceled or delayed due to thunder or lightening.
- o Any classes that may be canceled due to weather or the facility will be made up on the same day and time the following week.

Pool Rules

1. The Health Department requires that showers be taken prior to entering the pool.
2. Participants must wear a bathing suit. Street clothes are not permitted in the pool. No T-shirts, please.
3. Infants and toddlers must wear a swim diaper.
4. Swimmers must not have any bandages, open wounds, cuts or sores.
5. Swimmers may not have gum or candy while in the pool.
6. Food and alcoholic beverages are not permitted on the pool deck.
7. No running, diving, or horseplay in or around the pool.
8. Individuals must be at least 18 years of age to enter the Hot Tub.
9. The Colony South Fitness & Sports Club is not responsible for lost, stolen or missing property.
10. Children must be members or have a Splash Pass in order to utilize the pool before or after their lesson.

Splash Pass

- o Current swim lesson participants may purchase a Splash Pass, which allows practice time during Open Swim hours.
- o The pass is valid during the swim lesson session in which the student is participating.
- o Please refer to the Splash Pass schedule for available practice times.
- o Parental supervision required.

