



# Swim Lessons

[JoinTheEpic.com](http://JoinTheEpic.com)

Our swim lesson program is great for swimmers of all ages. Beginner level swimmers will be acclimated to the water and taught building block skills that will help them progress as they learn to swim. As swimmers progress they will be taught safety skills and learn the 4 competition strokes.

	<u>Participant Age</u>	<u>Epic Member</u>	<u>Non-Member</u>
Parent Tot	6 mo.- 3 yrs.	\$50	\$60
Preschool 1-4	3-5 years	\$60	\$70
Youth 1-4	6-12 years	\$60	\$70
Adult Group Lessons	13 and up	\$70	\$80
Private Lessons	3 and up	\$200	\$240

*Weekday classes consist of 8 lessons and are the prices listed.*

*Saturday Lessons consist of 4 lessons and are half the price.*

## Session Dates

### Monday & Wednesday

1. September 4 - September 25\*
2. September 30 - October 23
3. November 4 - December 4\*\*

*\*No class 9/2 Labor Day. Class will be made up Friday 9/6 at the same time.*

*\*\*No class the week of Thanksgiving.*

### Tuesday & Thursday

1. September 3 - September 26
2. October 1 - October 24
3. November 5 - December 6\*

*\*No class the week of Thanksgiving. Class will continue the following week.*

### Saturday's (1/2 session)

1. September 7 - September 28
2. October 5 - October 26
3. November 2 - November 23

Class	Size	Length	Mon/Wed	Tues/Thurs	Saturday
Parent Tot	6	30 min.	5:45 p.m.	6:20 p.m.	11:10 a.m.
Preschool 1	4	30 min.	5:10 p.m., 6:20 p.m.	5:10 p.m.	10:00 a.m., 11:10 a.m., 12:20 p.m.
Preschool 2	4	30 min.	5:10 p.m.	5:10 p.m.	10:00 a.m., 11:10 a.m.
Preschool 3	4	30 min.	5:10 p.m.	5:10 p.m.	10:00 a.m., 11:10 a.m.
Preschool 4	4	30 min.			10:00 a.m.
Youth 1	4	30 min.	5:45 p.m.	5:45 p.m., 6:20 p.m.	10:35 a.m., 11:45 a.m., 12:20 p.m.
Youth 2	4	30 min.	5:45 p.m.	5:45 p.m.	10:35 a.m., 11:45 a.m.
Youth 3	4	30 min.	6:20 p.m.	5:45 p.m.	10:35 a.m., 11:45 a.m.
Youth 4	4	30 min.	6:20 p.m.		10:35 a.m.
Adult Lessons	4	30 min		6:20 p.m.	11:45 a.m.
Private	1-2	30 min.	4:35 p.m.	4:35 p.m.	9:25 a.m., 12:20 p.m.

# Swim Lessons

## Parent Tot

Our Parent Tot class is for children 6 months to 3 years and is perfect for babies and toddlers who are just starting swim lessons. Lessons will help acclimate children to the water and will cover water exploration, breath control, water movement, safety and swimming skills. We will use song and games to help children feel comfortable and safe. The Parent Tot instructor will guide and teach you to become the teacher of your child. For the comfort of you and your child, skill progression and the pace of the class is entirely up to each parent.

## Swim Evaluations

It is important to place your child in the correct level, so if you haven't attended lessons at the Epic before, we do free evaluations Monday-Thursday from 6:30pm-7:00pm.

## Preschool and Youth Lessons

Lessons are for Preschool ages 3-5 and Youth ages 6-12. Class sizes are small with approximately 4 swimmers per instructor and classes are 30 minutes in length.

## Level 1 - Intro to Swim

This goal for your child at this level is to be able to become acclimated to the water and learn skills that will progress to swimming skills. Some of the skills learned will include submersion, back and front floats, flutter kicking, front paddle, roll-over to back float, entries into the water and independently enter the water and safely return to the wall.

## Level 2 - Elementary Swimming

Once children pass the Intro to Swim Level 1, they will be ready to participate in this class. The goal for your child at this level is to prepare them to learn strokes by teaching them building block skills necessary for learning the 4 primary strokes. Some of the skills learned will be efficient flutter kicking for distance, back finning, Elementary Backstroke arms, frog kick, surface dive, front stream-line, and rudimentary front stroke with side breathing.

## Level 3 - Freestyle/Backstroke

Once children pass Level 2 skills they will be ready to learn Freestyle and Backstroke in Level 3. The goal for your child at this level is to be able to swim Freestyle and Backstroke with proper form the distance of the pool. Children will learn all of the stroke components to properly swim freestyle and backstroke.

## Level 4 - Breaststroke/Butterfly

Once children can pass Level 3 they will be ready to learn Breaststroke and Butterfly. The goal for your child at this level is to be able to swim Breast Stroke and Butterfly with proper form the distance of the pool. Children will learn all of the stroke components to swim breaststroke and butterfly.

## Adult Lessons

Adult lessons are for swimmers who might be nervous or have a fear of the water, want to learn how to swim, become a better swimmer or just want to learn a specific skill. The class is designed to help each individual achieve their personal goals. Classes are in a small group setting for 30 minutes each.