



# Koinonia School of Sports

240 County Home Rd.

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www.koinoniafitness.com & Facebook.com/koinoniaschoolofsports



## Annual Registration Fee: \$10 per child

Revised Sept.30th 2021 Sundays are currently on hold!

<p style="text-align: center;"><b><u>Parent/ Tot:</u></b></p> <p>Infant or toddler with adult, playing together incorporating song and games to keep child comfortable in water. Open swim includes adult and child</p>	<p>Monday: 4:30 pm Tuesday: 10:00 am &amp; 5:30 pm Wednesday: 6:00 pm Thursday: 5:30 pm Friday: *9:50 am &amp; 10:20 am Saturday: *10:00 &amp; 10:30 am, 11:30 am * These classes are reserved for Swim &amp; Gym Combo Classes. Limited space</p>
<p style="text-align: center;"><b><u>Beginner:</u></b></p> <p>Child is comfortable in the water and can listen to instruction. Flotation is worn until child learns to swim independently. Child will move up once they are able to swim the length of the pool on the belly and the back.</p>	<p>Monday: 5:00 pm &amp; 5:30 pm Tuesday: 4:30 pm, 5:00 pm, 6:00 pm Wed.: 1:20 pm, 4:00 pm, &amp; 5:00 pm Thursday: 5:00 pm Friday: 6:30 pm Saturday: 8:30 am, 9:30 am &amp; 11:00 am Sunday: On Hold</p>
<p style="text-align: center;"><b><u>Advanced Beginner:</u></b></p> <p>Intro to front crawl with rhythmic breathing, back crawl, elementary back stroke, diving and treading water. Child is comfortable jumping into deep water without someone being next to them.</p>	<p>Monday: 5:00 pm, 6:00 pm Wednesday: 2 pm, &amp; 5:30 pm Thursday: 6:00 pm Friday: 7:00 pm Saturday: 9:00 am</p>
<p style="text-align: center;"><b><u>Swimmers:</u></b></p> <p>Completely comfortable swimming distance with various strokes. Our goal is to teach treading water, surface dives, standing dives, free style with rhythmic breathing, sidestroke, breaststroke, back crawl, elementary backstroke, introduce butterfly and water safety. This class will prepare students for a Lifeguard certification.</p>	<p>Monday: 6:30 pm Tuesday: 4:30 pm Wednesday: 2:40 pm, 3:30 pm Thursday: 4:30 &amp; 6:30 pm</p> <p style="background-color: #e0ffff;">Times available to book privates or more group lessons: Tues. 4 &amp; 7pm, Wed. 4:30, &amp; 7pm, and Fri. 3:15pm Please Call!!</p>

30 Minute Classes - \$165.00 per 11 week session / \$150 for 10 week session / \$120 for our regular 8 week session. All our fall classes will be ending on November 27<sup>th</sup>, 2021. Koinonia will resume it's swimming lessons in January 2022. We will be renovating in the pool area.

Thank you for your understanding.

All lessons include open swim at no charge for student. See our website koinoniafitness.com for current open swim times. Please feel free to call ahead!