



Koinonia School of Sports

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www.koinoniafitness.com & Facebook.com/koinoniaschoolofsports

SUMMER SWIM LESSONS 2022 - Call to Confirm

Some changes may occur - Classes Will Be Starting Sat. June 18th thru Friday June 24th



<p style="text-align: center;"><u>Parent/ Tot:</u></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: 5:30 pm Wed.: 4:00 pm, 6:00 pm Thursday: 5:30 pm Saturday: 8:30 am, 9:30 am, 10:30am Please give a 1st and 2nd choice</p>
<p style="text-align: center;"><u>Beginner:</u></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: 4:00 pm, 5:00 pm Tuesday: 5:00 pm, 6:00 pm Wed.: 4:30 pm, 5:00 pm & 5:30 pm. Thursday: 5:00 pm & 6:30 pm Saturday: 9 am & 10 am 11 am & 11:30 time TBA Please give a 1st and 2nd choice</p>
<p style="text-align: center;"><u>Advanced Beginner:</u></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: 5:30 pm / 6 pm possibly Friday: 6:00 pm Saturday: 11:00 am</p>
<p style="text-align: center;"><u>Swimmers:</u></p> <p>Completely comfortable swimming distance with various strokes. Our goal is to teach treading water, surface dives and 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. <u>CALL FOR AVAILABILITY OF TIMES FOR PRIVATE LESSONS</u></p>	<p>Monday: 6 pm Please call us and we will see if we can accommodate these skills in our advanced beginner level. If the classes are small enough we can combine levels.</p>

30 Min. Class-\$120.00 per 8 week session/ Privates are also available

All lessons include open swim at no charge. See our website koinoniafitness.com for current open swim times. Please feel free to call us at 860-928-6420 to reserve a space for your child. Classes fill quickly!! Price does not include the \$10 registration fee.