



Swimming Anyone?

Swim Course Description

This is an **introductory, intermediate** and **advanced** swim training program for adults who may have fear of the water, limited to no swimming/water experience and/or who want to improve in their skills. Skill development/improvement will include:

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|-----------------|----------------|-----------------|-----------------|
| -Freestyle | -Backstroke | -Breath control | -Flip Turns |
| -Treading Water | -Breast Stroke | -Butterfly | -Safety Strokes |

Summer 2010 Times

- I. Saturdays 11:00am-11:45am *See below for session dates*
Level 1 Swim Class (L1) Introductory swim class for people who have little to no swim experience.
- II. Saturdays 12:00pm-12:45pm *See below for session dates*
Level 1 Swim Class (L1A) Introductory swim class for people who have little to no swim experience.
- III. Saturdays 1:00pm-1:45pm *See below for session dates*
Level 2 Swim Class (L2) Great for people who have swim experience, want to improve for a triathlon, learn different strokes and turns, or simply wish to refine their stroke.
- IV. Sundays 11:00am-11:45am *See below for session dates*
Level 1 Swim Class (L1) Introductory swim class for people who have little to no swim experience. And may progress to Level 2 through the summer.

Summer 2010 Session Dates

Each session includes three 45 minute lessons on Sundays. Please note registration code and please reference level with each session.

- Session 6 (QC-S6- L1, L1A, L2) Saturdays 7/31, 14, 21 or Sundays 8/1, 15, 22
 -Session 7 (QC-S6- L1, L1A, L2) Saturdays 9/11, 18, 25 or Sundays 9/12, 19, 26

* Private Swim Instruction for Groups or Individuals also available. Contact Clarice@fitxsandiego.com.

Location

Classes will take place at the pool located at Building Q at 6455 Lusk Blvd.

Fee Schedule

\$65.00 per person - A minimum of 3 participants are required to conduct this class and will be limited to 6 participants. Space is available on a first paid reservation first served basis.

- Reserve and pay for your slot at www.fitxsandiego.com. Use the dropdown menu to select the session and level you wish to attend, then click on "Add to Cart" after the flyer link. If you have any issues with sign-up, email fitx@fitxsandiego.com.
- Cancellations received after the Wed. preceding each session and no-shows will not be refunded.
- You will be required to complete a participation waiver, health questionnaire and emergency contact form. This will be done immediately preceding your first class. Or, click on the Client Corner button on our web page and look for "Swim Participant Questionnaire". Print it out and bring your completed questionnaire to the first day of class.

For additional information, call your Fit-X San Diego swim instructor, Clarice Addison at 858-715-8611 or e-mail clarice@fitxsandiego.com.