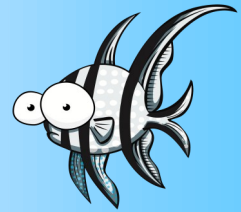
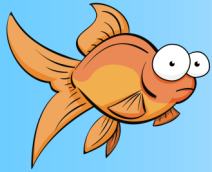


# Swimming Lesson Schedule



## -Winter 2012-

**Upcoming Private Sessions: Lessons held once a week.**

Session	Dates	Class Availability	Session Fees	Registration Begins:
<b>Jan.</b>	First four weeks of month.	Tuesdays, Thursdays, & Saturdays	Private: \$70 Semi-Private: \$80-\$120	<b>Dec. 1</b>
<b>Feb.</b>	First four weeks of month.	Tuesdays, Thursdays, & Saturdays	Private: \$70 Semi-Private: \$80-\$120	<b>Jan. 3</b>
<b>March</b>	First four weeks of month.	Tuesdays, Thursdays, & Saturdays	Private: \$70 Semi-Private: \$80-\$120	<b>Feb. 1</b>

### Upcoming Group Sessions

Session/ Track	DATES	WEEK 1	WEEK 2	WEEK 3	WEEK 4	SESSION FEES Resident/Non-Res	Registration Begins:
<b>1 Track A</b>	Jan. 2-13 (6 Classes)	MWF	MWF			\$36R / \$39NR Guppies: \$21/\$23	<b>Dec. 21</b>
<b>2</b>	Jan. 3-26	T Th	T Th	T Th	T Th	\$48R / \$51NR Guppies: \$28/\$30	<b>Dec. 22</b>
<b>3</b>	Jan. 7-Feb 11 (6 classes)	Saturdays				\$36R / \$39NR Guppies: \$21/\$23	<b>Dec. 17</b>
<b>4 Track D</b>	Jan. 18-Feb. 1	WF	MWF	MWF		\$48R / \$51NR Guppies: \$28/\$30	<b>Jan. 13</b>
<b>5</b>	Jan. 31-Feb. 23	T Th	T Th	T Th	T Th	\$48R / \$51NR Guppies: \$28/\$30	<b>Jan. 26</b>
<b>6 Track C</b>	Feb. 6-22 (7 Classes)	MWF	MWF	W		\$42R / \$45NR Guppies: \$25/\$27	<b>Feb. 1</b>
<b>7</b>	Feb 25- March 31 (6 classes)	Saturdays				\$36R / \$39NR Guppies: \$21/\$23	<b>Feb. 11</b>
<b>8</b>	March 6-29	T Th	T Th	T Th	T Th	\$48R / \$51NR Guppies: \$28/\$30	<b>Feb. 23</b>
<b>9 Track B</b>	March 2-19	F	MWF	MWF	M	\$48R / \$51NR Guppies: \$28/\$30	<b>Feb. 22</b>

*To register, please come to the  
South Jordan Fitness & Aquatic Center or call after 8:00 am.*

**Location: 10866 South Redwood Road  
Phone: 801-253-5236**

# South Jordan Fitness & Aquatic Center

10866 S. Redwood Road, South Jordan

(801)253-5236



Use this chart to determine which level your swimmer is at:	
<b>Level 1: Guppies</b> 20 minute classes	Skills: Gaining comfort with the water. Float on front and back with assistance. Able to retrieve dive sticks from shallow depth.
<b>Level 2: Goldfish</b> 40 minute classes	Skills: Gaining comfort with the water without help from instructor. Float on front and back with and without kicking. Able to retrieve dive sticks.
<b>Level 3: Angelfish</b> 40 minute classes	Skills: Able to float with kicking and ready to learn structured arm and leg movements. Learn to control breath for side breathing on American crawl.
<b>Level 4: Swordfish</b> 40 minute classes	Skills: Learn structured movements for backstroke, elementary back stroke, and breast stroke. Able to control breathing.
<b>Level 5: Sharks</b> 40 minute classes	Skills: Able to swim unassisted. Learning and perfecting strokes (American crawl, back stroke, breast stroke, butterfly, side stroke). Build endurance treading water.

Private Lesson Class Times		
<u>Tuesdays</u>	<u>Thursdays</u>	<u>Saturdays</u>
5:30pm	5:30pm	12:00pm
6:00pm	6:00pm	12:30pm
6:30pm	6:30pm	1:00pm
7:30pm	7:30pm	2:00pm
8:00pm	8:00pm	2:30pm

<u>M/W/F</u> Classes Offered	<u>1. Guppies</u> 10:30am/10:50am 11:15am/11:35am	<u>2. Goldfish</u> 9:45am 10:30am
<u>3. Angelfish</u> 9:00am 9:45am	<u>4. Swordfish</u> 9:00am	<u>5. Sharks</u> 11:15am

<u>T/TH</u> Classes Offered	<u>1. Guppies</u> 4:45pm/5:05pm 5:30pm/5:50pm	<u>2. Goldfish</u> 4:00pm/4:45pm 5:30pm/6:15pm
<u>3. Angelfish</u> 4:00pm/4:45pm 5:30pm	<u>4. Swordfish</u> 4:00pm 6:15pm	<u>5. Sharks</u> 6:15

<u>Saturday</u> Classes Offered	<u>1. Guppies</u> 9:45am/10:05am 10:30am/10:50am	<u>2. Goldfish</u> 9:45am/10:30am 11:15am
<u>3. Angelfish</u> 9:00am/9:45am 10:30am	<u>4. Swordfish</u> 9:00am 11:15am	<u>5. Sharks</u> 9:00am 11:15am

- \*There will be no new registration or transfer of levels after the 2nd day of class.
- \*Times and dates are subject to change without notice.
- \*We avoid scheduling lessons on holidays or during school breaks when possible.
- \*In the event of a pool closure a Safety Day will be held in lieu of lessons in the water.

We reserve the right to cancel or combine classes as needed. Any cancellation of a registered participant will be subject to our refund policy. In the event of missed classes we are unable to provide credits, refunds, or make-ups. For safety reasons, spectators will be asked to sit on the pool benches. Dressing rooms and lockers are available.