

# Swim School Winter 2020

revised October 29, 2019



**Fish 5** (4-12 years or with instructor permission) Instructor to student ratio is 1:6. For children who have mastered Fish 4 and can swim 25 yards front crawl, backstroke, breaststroke, sidestroke, elementary backstroke, and 25-yard butterfly. The goal of this class is to increase endurance and speed, and improve stroke technique. *(Indoor Lap Pool Lane 1)*

**Mondays 5:00-5:45pm**

1/6-2/10 6mtgs \$93 (\$117)  
2/17-3/23 6mtgs \$93 (\$117)

**Thursdays 5:00-5:45pm**

1/9-2/13 6mtgs \$93 (\$117)  
2/20-3/26 6mtgs \$93 (\$117)

**Saturdays 11:00-11:45am**

1/11-2/15 6mtgs \$93 (\$117)  
2/22-3/28 6mtgs \$93 (\$117)

**Sundays 10:30-11:15am**

1/12-2/16 6mtgs \$93 (\$117)  
2/23-3/29 6mtgs \$93 (\$117)

**Fish 6** (4-13 years or with instructor permission) Instructor to student ratio is 1:6. For children who have mastered Fish 5 and can swim 100-yard front crawl, backstroke, breaststroke, sidestroke, elementary backstroke, and 50-yard butterfly. This swim-team prep class focuses on increasing endurance, swimming an IM, and improving flip turns and pullouts. *(Indoor Lap Pool Lane 1)*

**Mondays 5:45-6:30pm**

1/6-2/10 6mtgs \$93 (\$117)  
2/17-3/23 6mtgs \$93 (\$117)

**Thursdays 5:45-6:30pm**

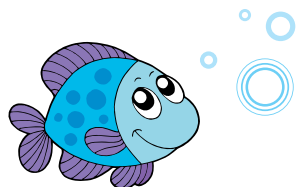
1/9-2/13 6mtgs \$93 (\$117)  
2/20-3/26 6mtgs \$93 (\$117)

**Saturdays 11:45am-12:30pm**

1/11-2/15 6mtgs \$93 (\$117)  
2/22-3/28 6mtgs \$93 (\$117)

**Sundays 11:15am-12:00pm**

1/12-2/16 6mtgs \$93 (\$117)  
2/23-3/29 6mtgs \$93 (\$117)



**Swim Team Conditioning** (5-17 years or with instructor permission) This class is designed for kids who have reached the Fish 5 level and wish to swim competitively. This class emphasizes technique and endurance. All four competitive strokes, and racing flip turns will be covered.

<b>Tuesdays</b>	<b>Ages 5-7</b>	<b>5:30-6:30pm</b> <i>(lap pool)</i>
	<b>Ages 8-17</b>	<b>6:30-7:30pm</b> <i>(lap pool)</i>

1/7-2/11 6mtgs \$99 (\$120)  
2/18-3/24 6mtgs \$99 (\$120)

<b>Sundays</b>	<b>Ages 5-7</b>	<b>1:30-2:30pm</b> <i>(lap pool)</i>
	<b>Ages 8-17</b>	<b>2:30-3:30pm</b> <i>(lap pool)</i>

1/12-2/16 6mtgs \$99 (\$120)  
2/23-3/29 6mtgs \$99 (\$120)

**PRIVATE & SEMI-PRIVATE LESSONS**  
Contact the Concierge. 734-665-3738 ext. 134

**Private Lessons**

30 minutes \$33 (\$45)  
45 minutes \$44 (\$61)  
60 minutes \$54 (\$75)

24-hour cancellation policy applies to private & semi-private lessons.

**Semi-Private Lessons, swim**

**30 minute** 2 people \$21 (\$26)  
3 people \$15 (\$18)  
4+ people \$13 (\$16)

**45 minute** 2 people \$27 (\$35)  
3 people \$21 (\$24)  
4+ people \$18.50 (\$21.50)

**60 minute** 2 people \$34 (\$42)  
3 people \$24 (\$28)  
4+ people \$20 (\$24)

**POLICIES**

- Program fees are based on the participant's membership status  
1<sup>st</sup> Fee=Member Rate  
2<sup>nd</sup> Fee (in parentheses) = Nonmember Rate
- 48-Hour cancellation policy applies to all swim programs
- Nonmembers participating in Liberty's swim programs are permitted to use the pool only during scheduled clinics and/or lessons
- Classes are subject to cancellation
- When lightning is sighted during swim lessons, a dry land lesson will be taught
- In the event your instructor is unable to teach, you will have a substitute instructor
- Exceptions to the age requirements may be granted upon approval from the instructor or program director



2975 W. Liberty Rd., Ann Arbor, MI 48103  
Phone 734.665.3738 • Fax 734.665.6353  
www.libertyathletic.net

# Liberty Swim School

Our instructional swim clinics teach the skills necessary to ensure fun, safe experience in the water. Both drills and interactive games are utilized to practice swimming skills. Clinics are open to both members and non-members. If you are unsure which level is appropriate, please contact our Aquatics Director, Marie Bondie, at (734) 665-3738, ext. 154 or marie.bondie@libertyathletic.net

**Parent Child** (6mos - 36mos) Instructor to student ratio is 1:8. Class focuses on becoming comfortable in the water and developing underwater reactions for children under three years of age. This is a great class to help prepare your child for a class on his/ her own. *(Lagoon Plunge Pool)*

<b>Saturdays</b>	<b>10:00-10:30am</b>
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1/11-2/15	6mtgs	\$78 (\$96)
2/22-3/28	6mtgs	\$78 (\$96)

<b>Sundays</b>	<b>10:00-10:30am</b>
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1/12-2/16	6mtgs	\$78 (\$96)
2/23-3/29	6mtgs	\$78 (\$96)

**Playtime for Polliwogs** (2- 4 years) Instructor to student ratio is 1:4. Your child will have a blast during this aquatic adventure! Class is appropriate for children who are ready to explore water without a parent, gain self-confidence, walk independently in the water, blow bubbles, and more. The class is centered on songs and games that prepare children for future learn-to-swim programs. *(Lagoon Zero Depth)*

<b>Mondays</b>	<b>4:30-5:00pm</b>
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1/6-2/10	6mtgs	\$78 (\$96)
2/17-3/23	6mtgs	\$78 (\$96)

<b>Tuesdays</b>	<b>9:30-10:00am</b>
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1/7-2/11	6mtgs	\$78 (\$96)
2/18-3/24	6mtgs	\$78 (\$96)

<b>Thursdays</b>	<b>5:00-5:30pm</b>
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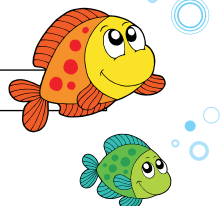
1/9-2/13	6mtgs	\$78 (\$96)
2/20-3/26	6mtgs	\$78 (\$96)

<b>Saturdays</b>	<b>11:00-11:30am</b>
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1/11-2/15	6mtgs	\$78 (\$96)
2/22-3/28	6mtgs	\$78 (\$96)

<b>Sundays</b>	<b>10:00-10:30am</b>
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1/12-2/16	6mtgs	\$78 (\$96)
2/23-3/29	6mtgs	\$78 (\$96)



**Fish 1** (4-8 years or instructor permission) Instructor to student ratio is 1:4. This class emphasizes becoming comfortable and having fun in the pool. While adjusting to the water, children will learn pool rules, how to enter and exit the water independently, basic paddle stroke motions, blowing bubbles and more. *(Lagoon Plunge Pool)*

<b>Mondays</b>	<b>5:00-5:30pm</b>	<b>5:30-6:00pm</b>
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1/6-2/10	6mtgs	\$78 (\$96)
2/17-3/23	6mtgs	\$78 (\$96)

<b>Tuesdays</b>	<b>10:00-10:30am</b>
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1/7-2/11	6mtgs	\$78 (\$96)
2/18-3/24	6mtgs	\$78 (\$96)

<b>Thursdays</b>	<b>5:30-6:00pm</b>	<b>6:00-6:30pm</b>
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1/9-2/13	6mtgs	\$78 (\$96)
2/20-3/26	6mtgs	\$78 (\$96)

<b>Saturdays</b>	<b>11:30am-12pm</b>	<b>12:00-12:30pm</b>
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1/11-2/15	6mtgs	\$78 (\$96)
2/22-3/28	6mtgs	\$78 (\$96)

<b>Sundays</b>	<b>11:00-11:30am</b>	<b>11:30am-12:00pm</b>
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1/12-2/16	6mtgs	\$78 (\$96)
2/23-3/29	6mtgs	\$78 (\$96)

**Fish 2** (4-9 years or instructor permission) Instructor to student ratio is 1:4. For children who have mastered Fish 1 skills. Children will learn functional flutter kick, basic arm movements, and front and back float. By the end of this class, children will swim independently for the first time and gain a better understanding of pool safety. *(Lagoon Plunge Pool)*

<b>Mondays</b>	<b>5:00-5:30pm</b>	<b>5:30-6:00pm</b>
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1/6-2/10	6mtgs	\$78 (\$96)
2/17-3/23	6mtgs	\$78 (\$96)

<b>Tuesdays</b>	<b>10:30-11:00am</b>
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1/7-2/11	6mtgs	\$78 (\$96)
2/18-3/24	6mtgs	\$78 (\$96)

<b>Thursdays</b>	<b>5:30-6:00pm</b>	<b>6:00-6:30pm</b>
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1/9-2/13	6mtgs	\$78 (\$96)
2/20-3/26	6mtgs	\$78 (\$96)

<b>Saturdays</b>	<b>11:00-11:30am</b>	
	<b>11:30am-12pm</b>	<b>12:00-12:30pm</b>

1/11-2/15	6mtgs	\$78 (\$96)
2/22-3/28	6mtgs	\$78 (\$96)

<b>Sundays</b>	<b>10:30-11:00am</b>	
	<b>11:00-11:30am</b>	<b>11:30am-12pm</b>

1/12-2/16	6mtgs	\$78 (\$96)
2/23-3/29	6mtgs	\$78 (\$96)

**Fish 3** (4-10 years or instructor permission) Instructor to student ratio is 1:4. For children who have mastered Fish 2 skills. Children will learn front and back crawl, elementary backstroke, treading water, breaststroke kick, backyard pool safety and more. *(Lagoon Plunge Pool)*

<b>Mondays</b>	<b>5:00-5:30pm</b>	<b>5:30-6:00pm</b>
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1/6-2/10	6mtgs	\$78 (\$96)
2/17-3/23	6mtgs	\$78 (\$96)

<b>Tuesdays</b>	<b>11:00-11:30am</b>
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1/7-2/11	6mtgs	\$78 (\$96)
2/18-3/24	6mtgs	\$78 (\$96)

<b>Thursdays</b>	<b>5:30-6:00pm</b>	<b>6:00-6:30pm</b>
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1/9-2/13	6mtgs	\$78 (\$96)
2/20-3/26	6mtgs	\$78 (\$96)

<b>Saturdays</b>	<b>11:00-11:30am</b>	
	<b>11:30am-12pm</b>	<b>12:00-12:30pm</b>

1/11-2/15	6mtgs	\$78 (\$96)
2/22-3/28	6mtgs	\$78 (\$96)

<b>Sundays</b>	<b>10:30-11:00am</b>	
	<b>11:00-11:30am</b>	<b>11:30-12:00pm</b>

1/12-2/16	6mtgs	\$78 (\$96)
2/23-3/29	6mtgs	\$78 (\$96)

**Fish 4** (4-11 years or with instructor permission) Instructor to student ratio is 1:4. For children who have mastered Fish 3 and are comfortable in deep water. Students will fine tune the front crawl with rotary breathing, back crawl, breaststroke, sidestroke, and elementary backstroke. This class will build endurance, master the skill of treading water, front and back floats, streamline/ pullouts, and introduce the children to the butterfly. *(Lagoon Vortex Area)*

<b>Mondays</b>	<b>5:00-5:45pm</b>	<b>5:45-6:30pm</b>
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1/6-2/10	6mtgs	\$108 (\$135)
2/17-3/23	6mtgs	\$108 (\$135)

<b>Thursdays</b>	<b>5:00-5:45pm</b>	<b>5:45-6:30pm</b>
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1/9-2/13	6mtgs	\$108 (\$135)
2/20-3/26	6mtgs	\$108 (\$135)

<b>Saturdays</b>	<b>11:00-11:45am</b>	<b>11:45am-12:30pm</b>
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1/11-2/15	6mtgs	\$108 (\$135)
2/22-3/28	6mtgs	\$108 (\$135)

<b>Sundays</b>	<b>9:45-10:30am</b>	
	<b>10:30-11:15am</b>	<b>11:15am-12:00pm</b>

1/12-2/16	6mtgs	\$108 (\$135)
2/23-3/29	6mtgs	\$108 (\$135)