

AQUA FISH SWIM SCHOOL



Winter 3 Session Dates: Jan 13 - Mar 22 (10 wks)
Save \$10 ~ Register ONLINE!

Introducing the New **AquaFish Swim School** at BHC! **AquaFish** features a curriculum to ensure each child properly progresses through the skills and levels using the **American Red Cross Learn-to-Swim** program.

Learn-to-Swim classes are taught by knowledgeable instructors who teach swimming skill and safety in and around the water.

PARENT/CHILD • TOT • LEVEL 1-5

Parent & Child 6mos - 2yrs.

Introduce swimming to infants/toddlers in a safe environment. Learn to kick, scoop, roll onto back, submerge face, blow bubbles and much more! Child must wear a swim diaper and have an adult in the water to assist. Do not feed child less than 1hr before class to avoid an

Day	Time	#wks	Cost*
Wed	5:05-5:35p	10	\$130 / \$174
Thu	10:30-11a	10	\$130 / \$174
Sat	10-10:30a	10	\$130 / \$174
Sun	10-10:30a	10	\$130 / \$174

Tot 2 - 3yrs.

Toddlers who are ready to be in a group without a parent in the water. Learn to kick, scoop, blow bubbles, submerge face and safety in a pool. **Prerequisites:** Must be able to sit on side of pool and wait his/her turn. Non-potty trained children must wear a swim diaper.

Day	Time	#wks	Cost*
Mon	4:30-5p	10	\$158 / \$203
Wed	10:30-11a	10	\$158 / \$203
Wed	5:40-6:10p	10	\$158 / \$203
Thu	11:05-11:35a	10	\$158 / \$203
Thu	4:50-5:20p	10	\$158 / \$203
Sat	10-10:30a	10	\$158 / \$203
Sun	10:35-11:05a	10	\$158 / \$203

Level 1 4+yrs or passed Tot.

Children who are learning to swim independently, work on confidence in the water. Learn to kick, scoop, blow bubbles and submerge face.

Level 2 4+yrs or passed Tot with permission from instructor. Learn to swim independently front crawl and backstroke.

Prerequisites: Must be able to fully submerge face, float on back with ears in the water, and is confident enough to try to swim without assistance.

Level 3 Ages 4+yrs.

For children who swim independently and are ready to learn rotary breathing for front crawl, proper technique for backstroke plus introductions to breaststroke and butterfly. **Prerequisites:** Must be able to independently (no assistance from an instructor) swim front crawl & backstroke 12.5yds (1/2 pool length).

Level 4 & 5 Ages 4+yrs.

Work on endurance with front crawl and backstroke and learn to swim breaststroke and butterfly properly. Great for those who want to join swim team in the future.

L4 Prerequisites: Swim front crawl with rotary breathing and backstroke 25yds w/confidence.

L5 Prerequisites: Swim front crawl with rotary breathing and backstroke 50yds w/confidence, 25yds breaststroke and 25yds butterfly.

*these classes are combined with another level and children of similar ability.

Level	Day	Time	# wks	Cost*
L1	Mon	4:30-5p	10	\$145 / \$185
L1*	Mon	5:40-6:10p	10	\$145 / \$185
L1*	Tue	4:50-5:20	10	\$145 / \$185
L1*	Wed	11:05-11:35a	10	\$145 / \$185
L1*	Wed	5:05-5:35p	10	\$145 / \$185
L1	Wed	5:40-6:10p	10	\$145 / \$185
L1	Thu	11:05-11:35a	10	\$145 / \$185
L1*	Thu	5:25-5:55p	10	\$145 / \$185
L1	Sat	10:35-11:05a	10	\$145 / \$185
L1*	Sun	11:10-11:40a	10	\$145 / \$185
L1*	Sun	4-4:30p	10	\$145 / \$185
L2	Mon	5:05-5:35p	10	\$145 / \$185
L2*	Mon	5:40-6:10p	10	\$145 / \$185
L2*	Tue	4:50-5:20p	10	\$145 / \$185
L2*	Wed	11:05-11:35a	10	\$145 / \$185
L2*	Wed	5:05-5:35p	10	\$145 / \$185
L2	Wed	6:15-6:45p	10	\$145 / \$185
L2*	Thu	5:25-5:55p	10	\$145 / \$185
L2	Sat	10:35-11:05a	10	\$145 / \$185
L2*	Sun	11:10-11:40a	10	\$145 / \$185
L2*	Sun	4-4:30p	10	\$145 / \$185
L3	Mon	5:05-5:35p	10	\$145 / \$185
L3	Tue	5:25-5:55p	10	\$145 / \$185
L3	Sat	11:10-11:40a	10	\$145 / \$185
L4*	Mon	5:40-6:10p	10	\$145 / \$185
L4*	Sat	11:10-11:40a	10	\$145 / \$185
L4*	Sun	4:35-5:05p	10	\$145 / \$185
L5*	Mon	5:40-6:10p	10	\$145 / \$185
L5*	Sat	11:10-11:40a	10	\$145 / \$185
L5*	Sun	4:35-5:05p	10	\$145 / \$185

PRE-TEAM LEVEL 4/5 & 6/7

Ages 4+yrs. Perfect for those who want to join a swim team or be on a non-competitive team.

Pre-Team 4/5 - Prerequisites: Must be able to swim 50 yds: front crawl with rotary breathing and back stroke with confidence. Plus 25 yds breaststroke and butterfly.

Pre-Team 6/7 - Prerequisites: Must be able to swim 100 yds: front crawl with rotary breathing and back stroke with confidence. Plus 50 yds breaststroke

Level	Day	Time	#wks	Cost*
P4/5	Tue	6-6:45p	10	\$148 / \$180
P4/5	Thu	6-6:45p	10	\$148 / \$180
P4/5	2 Day		10	\$248 / \$336
P6/7	Mon	6:15-7:15p	10	\$148 / \$180
P6/7	Wed	6:15-7:15p	10	\$148 / \$180
P6/7	2 Day		10	\$248 / \$336



PRIVATE & SEMI-PRIVATE SWIM LESSONS

Type	#Lessons	Cost*
Private	1	\$35 / \$46
Private	4 pack	\$132 / \$175
Private	8 pack	\$248 / \$336
Semi-Private	1	\$22 / \$28
Semi-Private	4 pack	\$85 / \$108
Semi-Private	8 pack	\$164 / \$208

Private 1:1 Ratio

Semi-Private 2:1 ratio,

Duration 30 mins

Cost is per child.

To book contact swim instructor or email swim.bhc@gmail.com to get started.

24hr Cancellation Policy~

by email ONLY

swim.bhc@gmail.com

TAKE
IT TO
ANOTHER
LEVEL



TITAL

Winter 3 Session Dates: Jan 13 - Mar 22 (10 wks)
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Coach Larry King began coaching over 20+ years ago. Being around basketball his entire life and learning the game on the professional and collegiate level, his passion for basketball led him to teach and train youth. His program focuses on teaching the skills and fundamentals of basketball team play. He prides himself on giving each player direction on how to increase their basketball knowledge, no matter what their skill level.

Train with energy, become consistent and practice for skill mastery. Experience T.I.T.A.L. Basketball Workouts! Get ready to have fun, scrimmage and learn something new each session.

Introducing Saturdays, Skills & Drills for Development. Each class will be geared to get the best result out of your game.

*Cost: member/other

Grade	Day	Time	#wks	Cost*
3rd-4th	Mon	6-7p	10	\$200 / \$240
5th-6th	Wed	6-7p	10	\$200 / \$240
7th-8th	Mon	7-8p	10	\$200 / \$240
9th-10th	Wed	7-8p	10	\$200 / \$240
NEW Skills & Drills for Development!				
4th-7th	Sat	12:15-1:15p	10	\$210 / \$263
8th-10th	Sat	1:15-2:15p	10	\$210 / \$263



Master Yevgeniy Malkin, 5th degree Black Belt

Principles are humility, honesty, gentleness, perserverance, self-control and unbreakable spirit.

Winter 3 Session Dates:
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* Rank Required Cost: member / other
Jr & Adult Choi- attend any 2 days/wk.

Little Dragons -Ages 3-5yrs. 1 Day/Wk. (45 min class)

Cost: \$177 / \$236

Jr Choi- Beginner -Ages 6-12yrs. Attend 2 Days/Wk

Cost: \$264 / \$330

Jr Choi- Advanced* -Ages 6-12yrs. Attend 2 Days/Wk

Cost: \$264 / \$330

Adult Choi- -Ages 13+yrs. Attend 2 Days/Wk

Cost: \$264 / \$330

Level	Day/Time	Day/Time	Day/Time	Day/Time	Day/Time
Jr Choi - Beginner Attend 2 Days / Wk	Mon 6-6:55p	Wed 5-5:55p	Family All Ranks Thu 5-6:15p	Family All Ranks Sat 11-12:15p	
Jr Choi - Advnaced* Attend 2 Days / Wk	Mon 5-5:55p	Wed 6-6:55p	Family All Ranks Thu 5-6:15p	Family All Ranks Sat 11-12:15p	Black Belt ONLY* Thu 6:15-7:30p
Adult Choi Attend 2 Days / Wk	Mon/Wed 7-7:55p		Family All Ranks Thu 5-6:15p	Family All Ranks Sat 11-12:15p	Black Belt ONLY* Thu 6:15-7:30p
Little Dragons Choose 1 Day/Wk	Fri 4:30-5:15p	Fri 5:30-6:15p			

Ninja Warrior

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Boys & Girls 6-11 yrs.

Combining Speed, Parkour, Gymnastics and agility. Kids challenge themselves on obstacle courses, climbing wall, rope climb and the RIG!

The Challenge is ON!

Day	Time	#wks	Cost*
Tue	5-6p	10	\$170 / \$220
Fri	5-6p	10	\$170 / \$220

*Cost: member/other