Pool- Swimming Lessons

Dear Swim Lesson Parents,

Here is what is available for Group Swim Lessons


If you have registered for the Spring Session and have already informed me which Option you want, no need to let me know again.

**Option 1:** You are already registered for the Spring Session and want to “**stick with**” the Spring Session on the new dates. Please know that these current dates are subject to change again if state recommendations change again. You would be allowed to change your **Option** at that time. The new Spring Session dates are above. Class times remain the same for each day. Information on Makeup days will be coming out soon.

**Option 2:** **Transfer to Summer Session.** This Option is only available for the Infant/Toddler Level Water Awareness and Level 1 Primary Skills classes. We do not offer the other levels for the Summer Session. You would be transferred to the Summer Session without having to register again. Summer Session dates and schedule is as follows: **August 3rd- August 26th.** Classes meet twice a week on Mondays and Wednesdays Infant/Toddler Level Water Awareness 4:30-5:00pm and Level 1
Primary Skill 5:00-5:30pm (Registration for anyone that is not transferring from Spring Session, will be July for Summer Session)

Option 3: Transfer to Fall Session. This Option is available to everyone. You would be transferred to the Fall Session without having to register again. Fall Session dates will be: Wednesdays, September 30th- November 18th, Thursdays, October 1st- November 19th, Saturdays, October 3rd- November 21st. Class times are typically the same. If choosing this Option, you will be advised as to the correct class time for each level. (Registration for anyone that is not transferring from Spring Session, will be August for Fall Session)

Please email Rachel with your Option choice. Please include Swimmer’s name, Class level, Class day, Class time, Your option choice (Please don’t assume that I know which day/class your child is registered for). If you have questions, please email me, rachelcarloni@gmail.com Do not try to call The Aerobic Center, as no one is manning the phones at this time.

Obviously, there are changes and more information each day regarding the state of our community. Please know that we will contact you with any and all changes to our Programs. You can also find updates on our Facebook page, Aerobic Center Lynchfield

We appreciate your continued patience.
We sincerely hope that you are all well and staying safe!

Take Care,
Rachel, Colby and Jocelyn
- Lessons available for ages 6mo.– 12 years
- Beginner to advanced levels
- Winter Spring or Fall Sessions
- Member and non-member prices
- Experienced and certified instructors

<table>
<thead>
<tr>
<th>Level</th>
<th>Age Range</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infant/Toddler Level</td>
<td>6-36 months</td>
<td>Water Awareness. Games and songs while learning to swim. Parent must accompany child in the water. Infants must wear a swim diaper.</td>
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<tr>
<td>Primary Skills</td>
<td>3-5 years</td>
<td>Ready to swim- beginner swimmers.</td>
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<tr>
<td>Stroke Readiness</td>
<td>4-6 years</td>
<td>Learn beginner strokes and water safety. Students should already be able to swim forward, float on his/her back and be able to jump in by him/herself.</td>
</tr>
<tr>
<td>Stroke Development</td>
<td>6 years and up</td>
<td>Learn stroke techniques. Student should already be able to swim the width of the pool and have some knowledge of proper swim strokes.</td>
</tr>
<tr>
<td>Stroke Refinement</td>
<td>6 years and up</td>
<td>All swim strokes refined. Student should be able to swim the length of the pool and have some knowledge of proper swim strokes.</td>
</tr>
<tr>
<td>Swim Team Ready</td>
<td>8 years and up</td>
<td>Learn competitive swimming skills.</td>
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</tbody>
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526 New Alexandria Rd. Lynch Field Greensburg, PA 15601 724-834-2153 www.aerobiccenter.org
Private Swim Lessons

Learn to swim
Improve swim strokes
Correct breathing technique
Improve competitive strokes

Experienced and certified instructors
One to one attention
Indoor warm water pool

Lessons are 1/2 hour in duration
Member rate $25/ lesson or $95 for 4 lessons
Non-member rate $35/ lesson or $135 for 4 lessons

Parents of children who are current members are eligible for the member rate. Must be paid in full and all appointments must be scheduled at time of payment.

Contact Colby for scheduling and additional information

The Aerobic Center
Lynch Field ★ Greensburg, PA

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