



# Safe Swim School

The Epic Safe Swim School's main focus is the safety of your child in and around the water. This program is great for beginner level swimmers and teaches skills that will greatly improve their chances to save themselves in the event they enter a body of water. Other swim lesson programs teach children to swim through a progression of lessons focused only on stroke technique. The Epic Safe Swim School is uniquely, designed to teach survival skills while incorporating swimming technique throughout. Most classes are taught as private lessons to promote quicker learning and individualized attention.

	<u>Participant Age</u>	<u>Epic Member</u>	<u>Non-Member</u>
Parent Tot	6 months - 2 1/2 years	\$50	\$60
Private Lessons	2 1/2 years and up	\$100	\$120
Adult Group Lessons	13 and up	\$70	\$80

*Weekday classes consist of 8 lessons and Saturday Lessons consist of 4 lessons and are half the price.*

## Session Dates

### Monday & Wednesday's

1. January 28 - February 20
2. February 25 - March 27
3. April 1 - April 24
4. April 29 - May 22

### Tuesday & Thursday's

1. January 29 - February 21
2. February 26 - March 28
3. April 2 - April 25
4. April 30 - May 23

### Saturday's (1/2 session)

1. February 2 - February 23
2. March 2 - March 30
3. April 6 - April 27
4. May 4 - May 25

No class during GPISD Spring Break, March 11—March 16. Classes resume following week.

Class	Size	Length	Mon/Wed	Tues/Thurs	Saturday
Parent Tot	6	25 min.	5:50 p.m.	5:50p.m.	11:20 a.m.
Private	1	15 min.	4:30 p.m., 4:50 p.m., 5:10 p.m., 5:30 p.m., 5:50 p.m., 6:10 p.m.,	4:30 p.m., 4:50 p.m., 5:10 p.m., 5:30 p.m., 5:50 p.m., 6:10 p.m.,	10:00 a.m., 10:20 a.m., 10:40 a.m., 11:00 a.m., 11:20 a.m., 11:40 a.m., 12:00 p.m., 12:20 p.m.
Adult Group Lessons	4	30 min.		5:50p	

The Epic  
2960 Epic Pl.  
Grand Prairie, TX  
972-339-3742

Register on-line at  
[JoinTheEpic.com](http://JoinTheEpic.com)  
or  
In-person at The Epic!

Questions  
Contact: Joey Sanchez  
Email: [jsanchez@gptx.org](mailto:jsanchez@gptx.org)  
Phone: 972-339-3712

# The Epic Safe Swim School

## Parent Tot

Our Parent Tot class is for children 6 months to 2 1/2 years and is perfect for babies and toddlers who are just starting swim lessons. Lessons will help acclimate children to the water and will cover water exploration, breath control, water movement, safety and swimming skills. We will use song and games to help children feel comfortable and safe. The Parent Tot instructor will guide and teach you to become the teacher of your child. For the comfort of you and your child, skill progression and the pace of the class is entirely up to each parent.

## Level 1 - Safety Swimming

This goal for your child at this level is to be able to save themselves even if they fall into the water fully clothed. Some of the skills learned will include water acclimation, submersion, reaching techniques, back and front floats, front swim, flutter kicking, roll-over to back float, entries into the water and independently enter the water and safely return to the wall.

## Level 2 - Elementary Swimming

Once children pass the Safety Swim in Level 1, they will be ready to participate in this class. The goal for your child at this level is to prepare them to learn strokes by teaching them building block skills necessary for learning the 4 primary strokes. Some of the skills learned will be efficient flutter kicking for distance, back finning, Elementary Backstroke arms, frog kick, surface dive, front stream-line, and rudimentary front stroke with side breathing.

## Level 3 - Freestyle/Backstroke

Once children pass Level 2 skills they will be ready to learn Freestyle and Backstroke in Level 3. The goal for your child at this level is to be able to swim Freestyle and Backstroke with proper form the distance of the pool. Children will learn all of the stroke components to properly swim freestyle and backstroke.

## Level 4 - Breaststroke/Butterfly

Once children can pass Level 3 they will be ready to learn Breaststroke and Butterfly. The goal for your child at this level is to be able to swim Breast Stroke and Butterfly with proper form the distance of the pool. Children will learn all of the stroke components to swim breaststroke and butterfly.

## Adult Lessons

Adult lessons are for swimmers who might be nervous or have a fear of the water, want to learn how to swim, become a better swimmer or just want to learn a specific skill. The class is designed to help each individual achieve their personal goals. Classes are in a small group setting for 30 minutes each.

## Custom Privates

Custom Private lessons are private lessons done at a time that we do not always offer assigned times for lessons. We will try to fulfill requests for these classes, but we can not guarantee we will have staff or the times available for your request. Custom Private lessons are either 15 or 30 minutes long and can be for 1-2 participants. Please contact Joey Sanchez, [jsanchez@gptx.org](mailto:jsanchez@gptx.org), to request a Custom Private Lesson.

## Swim Evaluation

A swim evaluation is not necessary as our instructors will determine what level your child is on the first day.

## Transfer

If you need to transfer to a different time or to a different session, all transfers must take place at least 7 days in advance. Transfers are limited to availability of other times and sessions.

## Refunds

All classes may be refunded 7 days before the start of the class. Refunds within 7 days will be issued only with a doctors note.

## Make-up classes

Any classes that are cancelled by the Epic will be made up at a later date chosen by Epic staff. Any classes missed by the participant will not be made up or refunded.

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Questions  
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