

Epic Swim Lessons

Parent Tot

Our Parent Tot class is for children 6 months to 3 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.

Preschool and Youth Lessons

Lessons are for Preschool ages 3-5 and Youth ages 6-12. Class sizes are small with approximately 4 swimmers per instructor and classes are 30 minutes in length.

Level 1 - Intro to Swim

This goal for your child at this level is to be able to become acclimated to the water and learn skills that will progress to swimming skills. Some of the skills learned will include submersion, back and front floats, flutter kicking, front paddle, 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 Intro to Swim 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.

Private Lessons

Private Lessons are for swimmers 3 years of age and older. Private lessons are great for swimmers of all abilities as the lessons are one on one and the instructor will be able to focus on the needs of the participant.

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.

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

Register on-line at
JoinTheEpic.com
or
In-person at The Epic!

Questions
Contact: Joey Sanchez
Email: jsanchez@gptx.org
Phone: 972-339-3712



**New Group
Swim Lessons**

Swim Lessons

	<u>Participant Age</u>	<u>Epic Member</u>	<u>Non-Member</u>
Parent Tot	6 mo.- 3 yrs.	\$50	\$60
Preschool	3-5 years	\$60	\$70
Youth	6-12 years	\$60	\$70
Adult Group Lessons	13 and up	\$70	\$80
Private Lessons	all ages	\$200	\$100

Weekday classes consist of 8 lessons.

Saturday Lessons consist of 4 lessons and are half the price.

Session Dates

Monday & Wednesday's
 3. April 1 - April 24
 4. April 29 - May 22

Tuesday & Thursday's
 3. April 2- April 25
 4. April 30- May 23

Saturday's (1/2 session)
 3. April 6 - April 27
 4. May 4 - May 25

Class	Size	Length	Mon/Wed	Tues/Thurs	Saturday
Parent Tot	6	30 min.	5:55 p.m.	5:55p.m.	11:10 a.m.
Preschool	4	30 min.	4:45 p.m., 5:55 p.m.	4:45 p.m., 5:20 p.m.	9:25 a.m., 10:35 a.m., 11:45 a.m., 12:20 p.m.
Youth	4	30 min.	5:20 p.m.	4:45 p.m., 5:20 p.m., 5:55 p.m.	9:25 a.m., 10:00 a.m., 11:10 a.m., 11:45 a.m.
Adult Group Lessons	4	30 min			11:10 a.m.
Private	1-2	30 min.		5:55 p.m.	10:00 a.m., 10:35 a.m., 12:20 p.m.

<p>The Epic 2960 Epic Pl. Grand Prairie, TX 972-339-3742</p>	<p>Register on-line at JoinTheEpic.com or In-person at The Epic!</p>	<p>Questions Contact: Joey Sanchez Email: jsanchez@gptx.org Phone: 972-339-3712</p>
---	---	---