



# METROPLEX SWIM - 2 WEEK SESSION



**Session 9 May 21st - May 31st**

**8 CLASSES (30 MIN. EACH) IN 2 WEEKS**

All 2 week sessions are Monday-Thursday

**\*\*MEMORIAL DAY\*\* CLASS WILL BE MADE UP ON FRIDAY**

**THE BEST WAY TO LEARN TO SWIM**

**REPETITION, REPETITION, REPETITION**

**When your child repeats swim strokes in 8 classes over 2 weeks  
it becomes memory and therefore easier to learn to swim**

**ALL SESSIONS ARE MONDAY - THURSDAY**

3:45- 4:15	MINNOWS
	SHARKS 1
	SHARKS 2
	WHALES 1
4:20- 4:50	MINNOWS
	SHARKS 1
	SHARKS 2
	WHALES 1
4:55 - 5:25	
5:30 - 6:00	
6:05 - 6:35	
6:40 - 7:10	

### CLASS LEVELS & AGE GROUPS

MINNOWS	2 1/2 YRS. - 3 YRS	(Limit 3 per class)	Introduction to water without parent in water
<b>SHARKS: STUDENTS AGE 3 - 5 YEARS</b>			
SHARKS 1 BEGINNERS	4-5 year olds	(Limit 4 per class)	Students that do NOT know how to swim
SHARKS 2 INTERMEDIATE	4-5 year olds	(Limit 4 per class)	Can swim alone 5 - 10 feet
SHARKS 3 ADVANCED	4-5 year olds	(Limit 4 per class)	Knows how to swim, ready to work on advanced strokes
<b>WHALES: STUDENTS AGE 6 &amp; OLDER</b>			
WHALES 1 BEGINNERS	6 yrs. old & up	(Limit 5 per class)	Students that do NOT know how to swim
WHALES 2 INTERMEDIATE	6 yrs. old & up	(Limit 5 per class)	Can swim alone 5 - 10 feet
WHALES 3 ADVANCED	6 yrs. old & up	(Limit 6 per class)	Knows how to swim, ready to work on advanced strokes

**2 week session rate**

Monday - Thursday for 2 weeks \$142 per session

[www.metroplexgymnastics.com](http://www.metroplexgymnastics.com)

972-727-9095

205 Bethany, Allen TX. Just East of Hwy. 75

**WHEN A CHILD COMPLETES A 2 WEEK SWIM SESSION**

**IT IS BEST TO ENROLL IN A WEEKLY SWIM CLASS TO MAINTAIN AND BUILD ON THEIR SWIM SKILLS**