



SWIM LESSONS

Germantown Indoor Swim Center

Phone: (240) 777-6830

Registration begins August 19. Swim Lessons for all ages and abilities. Screening is available to evaluate the student's abilities. Please call the lesson coordinator at 240-777-6830 to schedule a time (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. **THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES.** Courses meet for six 30 minute sessions.

THERE WILL BE NO CLASSES NOVEMBER 7-8, AND 23-29

PLEASE CHECK EACH POOL'S LISTINGS FOR LESSON SCHEDULE CHANGES, DUE TO FACILITY CONFLICTS. LESSONS WILL BE HELD ON ALL OTHER DAYS THE FACILITY IS OPEN. PLEASE REGISTER ACCORDINGLY.

GISC-Waterbabies

Designed for children 6 to 18 months. Basic water adjustment skills are taught. Infants/children who are not toilet trained **MUST** wear separate rubber/vinyl pants. Class size is limited to 10 parent/child registrations.

6 Sessions					\$50
257636	Germantown In	9/12	Sa	10:25am-10:55am	
257637	Germantown In	9/13	Su	9:45am-10:15am	
257638	Germantown In	10/31	Sa	10:25am-10:55am	
257639	Germantown In	11/1	Su	9:45am-10:15am	

GISC-Aquatots

Designed for children 18 months-3 years of age. Basic water adjustment skills are taught. Infants/children who are not toilet trained **MUST** wear separate rubber/vinyl pants. Class size is limited to 10 parent/child registrations.

6 Sessions					\$50
257530	Germantown In	9/12	Sa	11:45am-12:15pm	
257531	Germantown In	9/12	Sa	12:25pm-12:55pm	
257534	Germantown In	9/13	Su	11:05am-11:35am	
257535	Germantown In	9/13	Su	12:25pm-12:55pm	
257538	Germantown In	9/23	W	6:10pm-6:40pm	
257532	Germantown In	10/31	Sa	11:45am-12:15pm	
257533	Germantown In	10/31	Sa	12:25pm-12:55pm	
257536	Germantown In	11/1	Su	11:05am-11:35am	
257537	Germantown In	11/1	Su	12:25pm-12:55pm	
257539	Germantown In	11/11	W	6:10pm-6:40pm	

GISC-Pre-School

Designed for children 3-5 years of age. Basic water adjustment continues, but simple water skills are now emphasized.

Infants/children who are not toilet trained **MUST** wear separate rubber/vinyl pants. Class size is limited to 10 parent/child registrations.

6 Sessions					\$50
257626	Germantown In	9/12	Sa	11:05am-11:35am	
257627	Germantown In	9/12	Sa	1:05pm-1:35pm	
257630	Germantown In	9/13	Su	10:25am-10:55am	
257631	Germantown In	9/13	Su	11:45am-12:15pm	
257632	Germantown In	9/23	W	5:30pm-6:00pm	
257628	Germantown In	10/31	Sa	11:05am-11:35am	
257629	Germantown In	10/31	Sa	1:05pm-1:35pm	
257633	Germantown In	11/1	Su	10:25am-10:55am	
257634	Germantown In	11/1	Su	11:45am-12:15pm	
257635	Germantown In	11/11	W	5:30pm-6:00pm	

GISC-Pre-Beginner-Level 1

Designed for children 4-6 years old. Parents **DO NOT** accompany children. This class is for students who need to learn basic water adjustment skills. Class size is limited to 5 students.

6 Sessions					\$59
257540	Germantown In	9/12	Sa	10:25am-10:55am	
257541	Germantown In	9/12	Sa	11:05am-11:35am	
257542	Germantown In	9/12	Sa	11:45am-12:15pm	
257543	Germantown In	9/12	Sa	12:25pm-12:55pm	
257544	Germantown In	9/12	Sa	1:05pm-1:35pm	
257545	Germantown In	9/13	Su	10:25am-10:55am	
257546	Germantown In	9/13	Su	11:05am-11:35am	
257547	Germantown In	9/13	Su	11:45am-12:15pm	
257548	Germantown In	9/13	Su	12:25pm-12:55pm	
257549	Germantown In	9/21	M	5:30pm-6:00pm	
257550	Germantown In	9/23	W	5:30pm-6:00pm	
257551	Germantown In	9/29	Tu, Th	5:30pm-6:00pm	
257552	Germantown In	9/29	Tu, Th	5:30pm-6:00pm	
257553	Germantown In	9/29	Tu, Th	5:30pm-6:00pm	
257554	Germantown In	10/20	Tu, Th	6:10pm-6:40pm	
257555	Germantown In	10/20	Tu, Th	6:10pm-6:40pm	
257556	Germantown In	10/20	Tu, Th	6:10pm-6:40pm	
257557	Germantown In	10/31	Sa	9:45am-10:15am	
257558	Germantown In	10/31	Sa	11:05am-11:35am	
257559	Germantown In	10/31	Sa	11:45am-12:15pm	
257560	Germantown In	10/31	Sa	12:25pm-12:55pm	
257561	Germantown In	10/31	Sa	1:05pm-1:35pm	
257562	Germantown In	11/1	Su	10:25am-10:55am	
257563	Germantown In	11/1	Su	11:05am-11:35am	
257564	Germantown In	11/1	Su	11:45am-12:15pm	
257565	Germantown In	11/1	Su	12:25pm-12:55pm	
257566	Germantown In	11/9	M	5:30pm-6:00pm	
257567	Germantown In	11/11	W	5:30pm-6:00pm	
257568	Germantown In	12/1	Tu, Th	5:30pm-6:00pm	
257569	Germantown In	12/1	Tu, Th	5:30pm-6:00pm	
257570	Germantown In	12/1	Tu, Th	5:30pm-6:00pm	

GISC-Pre-Beginner-Level 2

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 6 students.

6 Sessions**\$57**

257572	Germantown In	9/12	Sa	9:45am-10:15am
257573	Germantown In	9/12	Sa	10:25am-10:55am
257574	Germantown In	9/12	Sa	11:05am-11:35am
257575	Germantown In	9/12	Sa	11:45am-12:15pm
257576	Germantown In	9/12	Sa	1:05pm-1:35pm
257577	Germantown In	9/13	Su	9:45am-10:15am
257578	Germantown In	9/13	Su	10:25am-10:55am
257579	Germantown In	9/13	Su	11:45am-12:15pm
257580	Germantown In	9/13	Su	12:25pm-12:55pm
257581	Germantown In	9/21	M	6:10pm-6:40pm
257582	Germantown In	9/23	W	6:10pm-6:40pm
257583	Germantown In	9/29	Tu, Th	6:10pm-6:40pm
257584	Germantown In	9/29	Tu, Th	6:10pm-6:40pm
257585	Germantown In	9/29	Tu, Th	6:10pm-6:40pm
257586	Germantown In	10/20	Tu, Th	4:50pm-5:20pm
257587	Germantown In	10/20	Tu, Th	4:50pm-5:20pm
257588	Germantown In	10/20	Tu, Th	4:50pm-5:20pm
257589	Germantown In	10/31	Sa	9:45am-10:15am
257590	Germantown In	10/31	Sa	10:25am-10:55am
257591	Germantown In	10/31	Sa	11:45am-12:15pm
257592	Germantown In	10/31	Sa	1:05pm-1:35pm
257593	Germantown In	11/1	Su	9:45am-10:15am
257594	Germantown In	11/1	Su	10:25am-10:55am
257595	Germantown In	11/1	Su	11:05am-11:35am
257596	Germantown In	11/1	Su	11:45am-12:15pm
257597	Germantown In	11/1	Su	12:25pm-12:55pm
257598	Germantown In	11/9	M	6:10pm-6:40pm
257599	Germantown In	11/11	W	6:10pm-6:40pm
257881	Germantown In	12/1	Tu, Th	6:10pm-6:40pm
257882	Germantown In	12/1	Tu, Th	6:10pm-6:40pm
257883	Germantown In	12/1	Tu, Th	6:10pm-6:40pm

GISC-Pre-Beginner-Level 3

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 6 students.

6 Sessions**\$57**

257600	Germantown In	9/12	Sa	9:45am-10:15am
257601	Germantown In	9/12	Sa	12:25pm-12:55pm
257602	Germantown In	9/12	Sa	1:05pm-1:35pm
257603	Germantown In	9/13	Su	10:25am-10:55am
257604	Germantown In	9/13	Su	11:05am-11:35am
257605	Germantown In	9/13	Su	11:45am-12:15pm
257606	Germantown In	9/21	M	5:30pm-6:00pm
257607	Germantown In	9/29	Tu, Th	4:50pm-5:20pm
257884	Germantown In	9/29	Tu, Th	4:50pm-5:20pm
257885	Germantown In	9/29	Tu, Th	4:50pm-5:20pm
257886	Germantown In	10/20	Tu, Th	5:30pm-6:00pm
257887	Germantown In	10/20	Tu, Th	5:30pm-6:00pm
257888	Germantown In	10/20	Tu, Th	5:30pm-6:00pm
257608	Germantown In	10/31	Sa	9:45am-10:15am
257609	Germantown In	10/31	Sa	10:25am-10:55am
257610	Germantown In	10/31	Sa	12:25pm-12:55pm
257611	Germantown In	11/1	Su	11:05am-11:35am
257612	Germantown In	11/1	Su	11:45am-12:15pm
257613	Germantown In	11/1	Su	12:25pm-12:55pm

257614	Germantown In	11/9	M	5:30pm-6:00pm
257615	Germantown In	12/1	Tu, Th	4:50pm-5:20pm
257616	Germantown In	12/1	Tu, Th	4:50pm-5:20pm
257617	Germantown In	12/1	Tu, Th	4:50pm-5:20pm

GISC-Pre-Beginner-Level 4

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a coordinated front and back crawl for 15 yards (the width of the pool) and are comfortable in deep water. Class size is limited to 6 students.

6 Sessions**\$57**

257622	Germantown In	9/12	Sa	11:45am-12:15pm
257623	Germantown In	9/13	Su	11:05am-11:35am
257624	Germantown In	10/31	Sa	11:05am-11:35am
257625	Germantown In	11/1	Su	11:05am-11:35am

GISC-Youth-Level 1

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3 1/2 ft and deeper). This class is for students who need to learn basic water adjustment skills. Class size is limited to 8 students.

6 Sessions**\$52**

257640	Germantown In	9/12	Sa	10:25am-10:55am
257641	Germantown In	9/13	Su	11:05am-11:35am
257642	Germantown In	9/21	M	6:10pm-6:40pm
257643	Germantown In	10/31	Sa	10:25am-10:55am
257644	Germantown In	10/31	Sa	1:05pm-1:35pm
257645	Germantown In	11/1	Su	10:25am-10:55am
257646	Germantown In	11/9	M	6:10pm-6:40pm

GISC-Youth-Level 2

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3 1/2 ft and deeper). This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 8 students.

6 Sessions**\$52**

257647	Germantown In	9/12	Sa	9:45am-10:15am
257648	Germantown In	9/12	Sa	11:05am-11:35am
257649	Germantown In	9/13	Su	9:45am-10:15am
257650	Germantown In	9/13	Su	11:45am-12:15pm
257651	Germantown In	9/23	W	5:30pm-6:00pm
257652	Germantown In	10/31	Sa	9:45am-10:15am
257653	Germantown In	10/31	Sa	1:05pm-1:35pm
257654	Germantown In	11/1	Su	9:45am-10:15am
257655	Germantown In	11/1	Su	11:45am-12:15pm
257656	Germantown In	11/11	W	5:30pm-6:00pm

GISC-Youth-Level 3

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3 1/2 ft and deeper). This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards.

Class size is limited to 10 students.

6 Sessions \$50

257658	Germantown In	9/12	Sa	12:25pm-12:55pm
257659	Germantown In	9/12	Sa	1:05pm-1:35pm
257660	Germantown In	9/13	Su	10:25am-10:55am
257661	Germantown In	9/13	Su	12:25pm-12:55pm
257662	Germantown In	9/23	W	6:10pm-6:40pm
257663	Germantown In	10/31	Sa	9:45am-10:15am
257664	Germantown In	10/31	Sa	11:05am-11:35am
257665	Germantown In	11/1	Su	10:25am-10:55am
258002	Germantown In	11/11	W	6:10pm-6:40pm

GISC-Youth-Level 4

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3 1/2 ft and deeper). This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions \$50

257666	Germantown In	9/12	Sa	12:25pm-12:55pm
257667	Germantown In	9/12	Sa	1:05pm-1:35pm
257668	Germantown In	9/13	Su	12:25pm-12:55pm
257669	Germantown In	10/31	Sa	12:25pm-12:55pm
258003	Germantown In	10/31	Sa	1:05pm-1:35pm
258005	Germantown In	11/1	Su	12:25pm-12:55pm

GISC-Youth-Level 5

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3 1/2 ft and deeper). This class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

6 Sessions \$50

257670	Germantown In	9/12	Sa	11:45am-12:15pm
257671	Germantown In	9/13	Su	11:05am-11:35am
257672	Germantown In	10/31	Sa	11:45am-12:15pm
257673	Germantown In	10/31	Sa	12:25pm-12:55pm
258004	Germantown In	11/1	Su	11:05am-11:35am

GISC-Youth-Level 6

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3 1/2 ft and deeper). This class is for students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. Class size is limited to 10 students.

6 Sessions \$50

257674	Germantown In	9/12	Sa	12:25pm-12:55pm
257675	Germantown In	9/13	Su	9:45am-10:15am
257676	Germantown In	10/31	Sa	12:25pm-12:55pm
257677	Germantown In	11/1	Su	9:45am-10:15am

GISC-Adult Level 1

Designed for teenagers and adults (14 years and older) who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught. Class size is limited to 6 students.

6 Sessions \$59

257515	Germantown In	9/12	Sa	11:05am-11:35am
257517	Germantown In	9/13	Su	10:25am-10:55am
257815	Germantown In	9/21	M	5:30pm-6:00pm
257516	Germantown In	10/31	Sa	11:05am-11:35am
257518	Germantown In	11/1	Su	10:25am-10:55am
257816	Germantown In	11/9	M	5:30pm-6:00pm

GISC-Adult Level 2

Designed for teenagers and adults (14 years and older) who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 10 students.

6 Sessions \$57

257519	Germantown In	9/12	Sa	10:25am-10:55am
257520	Germantown In	9/13	Su	9:45am-10:15am
257865	Germantown In	9/21	M	6:10pm-6:40pm
257521	Germantown In	10/31	Sa	10:25am-10:55am
257522	Germantown In	11/1	Su	9:45am-10:15am
257866	Germantown In	11/9	M	6:10pm-6:40pm

GISC-Adult Level 3

Designed for teenagers and adults (14 years and older) who can already swim a combine stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions \$57

257523	Germantown In	9/12	Sa	9:45am-10:15am
257525	Germantown In	9/13	Su	12:25pm-12:55pm
257524	Germantown In	10/31	Sa	9:45am-10:15am
257526	Germantown In	11/1	Su	12:25pm-12:55pm

GISC-Adult Level 4

Designed for teenagers and adults (14 years and older) who can already swim a coordinated front and back crawl for 15 yards (across width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions \$57

257527	Germantown In	9/12	Sa	11:45am-12:15pm
257529	Germantown In	9/13	Su	11:45am-12:15pm
257528	Germantown In	10/31	Sa	11:45am-12:15pm
257867	Germantown In	11/15	Su	11:45am-12:15pm