Complete Family Wellness Center
AQUA~FIT AQUATICS
POWERED BY USANA

USANA INDEPENDENT ASSOCIATE

Sign Up for 2 Sessions & $ave $10!

1400 Summit Ave. Suite D2 Plano, Texas 75074

(972) 578-SWIM (7946)

www.aquafitplano.com **mimi@aquafitplano.com**

Spring 2017 ~ Learn To Swim

SAFE SWIMMER PROGRAM

Tuesday Only --- 6 - 30 Minute Lessons
6 Week Program for $99!
3:50, 4:30, 6:15 & 6:50
Session 1 --- March 14th – April 18th
Session 2 --- April 25th – May 30th

Thursday Only --- 6 - 30 Minute Lessons
6 Week Program for $99!
3:50, 4:30, 6:15 & 6:50
Session 1 --- March 16th – April 20th
Session 2 --- April 27th – June 1st

Wednesday Only --- 6 - 30 Minute Lessons
6 Week Program for $99!
3:50, 4:30, 6:15 & 6:50
Session 1 --- March 15th – April 19th
Session 2 --- April 26th – May 31st

Saturday Only --- 6 - 30 Minute Lessons
6 Week Program for $99!
9:50, 10:30, 11:10, 1:20, 1:55
Session 1 --- March 18th – April 22nd
9:50, 10:30, 11:10 (No Afternoon for Sat Only)
Session 2 --- April 29th – June 3rd

Saturday & Sunday --- 6 - 30 Minute Lessons
3 Week Program for $99!
1:20 & 1:55
Session 1 --- May 6th – May 20th

WaterBugs: Parent/Child Class – 6 months to 2 ½ years of age – Saturdays at **12:00**
Duck & Ducklings: Parent/Child Class – 3 years to 5 years of age – Saturdays at **11:10**
6 - Week Program for $99 / 6 - 30 Minute Lessons

Spring Session 1 --- March 18th – April 22nd **Spring Session 2** --- April 29th – June 3rd

Mandatory Parent Orientation will be held 30 minutes before the first class.

Aqua~Finners: Specialty Swim Team Training --- **6 – 45 Minute Lessons -- $115**

- Tuesday 6:45pm **OR** Wednesday 5:15pm **OR** Saturday 2:30pm

Aqua Finners is a specialty training class for advanced swimmers (Level 4 and higher). Classes will consist of 15 minutes of dry land sports conditioning followed by a 30 minute highly structured swim team training session. ***Try-outs required or by invitation only.***

Adult/ Young Adult Lessons: 6 Lessons for $99 --- 10 – 15 minutes warm-up / 45 minutes instructed

Coed Classes
Tuesday at 7:30pm
Friday at 11:30am
Saturday at 12:30pm

Ladies Only Classes
Thursday at 7:30pm
Friday at 6:30pm

*There is no set start date for Adult classes but they must be completed **within 90 days** of registration*
Must call ahead of time to reserve spot in class; limited number of students taken per class

One Time Per Year Annual Enrollment Fee: $40 Single or $55 Family (2 or More) - Non-Refundable