

SPRING IS A GREAT TIME TO...



Learn how to swim!



Visit us at www.liverpooljets.org
for more info and registration.

WHY SWIM WITH US?

As CNY's Premiere Swim Lesson Program for decades. Our staff combines for over 60 years of experience sharing their passion and knowledge for swimming instruction. Combine that with **REALLY LOW** instructor ratios, the WARM (85°) waters at Elevate Fitness and your child is going to have a blast!

Registration

Registration for this session is simple. Head to our website to register online and select your classes. Payment can be made through check or through VENMO. Head to www.liverpooljets.org and click on SWIM LESSONS for a link to registrations and additional details.



SPRING SWIM LESSON SCHEDULE

CLASSES RUN Friday PM, Saturday AM, Mon PM, Tue PM

Minimum age required: 4 years old by the class's starting date.

Block 1: April 16, 17, 19, and 20

Block 2: April 23, 24, 26, and 27

ELEVATE FITNESS
7455 Morgan Rd,
Liverpool, NY

Levels Offered

| | |
|--|-------------------|
| 5:05-5:35pm (F,M,Tu), 10:35-11:05a (Sat) | Levels 1, 2, 4 |
| 5:45-6:15pm (F,M,Tu), 11:15-11:45a (Sat) | Levels 1, 2, 3 |
| 6:25-6:55pm (F,M,Tu), 11:55-12:25p (Sat) | Levels 1, 2, 3, 4 |

Level Descriptions (*More specifics offered online*):

- Level 1:** Young swimmers looking to become comfortable in the water. Beginning floats and motor skills, becoming comfortable submerging under water, and jumping to a catch.
- Level 2:** Swimmers are comfortable getting in the pool and getting their face wet. They are ready to work on floats, glides, doggie paddle, and jumping off the side of the pool.
- Level 3:** Swimmers can doggie paddle for 5 yards (no flotation devices) on front and back. They are ready for the beginning stages of front crawl, back crawl, and underwater swimming.
- Level 4:** Swimmers should be able to swim independently for 15 yards on front and back with arms out of the water. Time to learn the breathing mechanics and learn elementary backstroke.

SPRING SWIM CAMP 2021

Our Swim Camps are designed to be a great steppingstone between swim lessons and the swim team. Swimmers aged 6-13 should be able to swim 25 yards front crawl (breathing to the side) and 25 yards backstroke before the start of camp. We will target all four competitive strokes.

Dates: April 16-27 (Friday, Monday, Tuesdays) from 7:10-8:00pm **Cost:** \$85

COVID PROTOCOLS WILL BE IN PLACE. PLEASE SEE OUR WEBSITE FOR DETAILS.

Swimmers should arrive and leave in their swim suits (bathrooms available for emergency use)

Swimmers/Instructors wear masks throughout facility and when not in the water.

Parents wear masks and maintain proper spacing when waiting.

QUESTIONS? Contact Zac Mekker at 315-569-5387 or zmekker@gmail.com