



# BROOMFIELD ACADEMY

# Spring 2018 Swim Schedule

## Group Swim Lessons

Tuesday Afternoon – 10 Lessons

Level	Time
Beginner & Level 1	3:45-4:15 pm
Levels 2 & 3	4:30-5:00 pm

Session 1: 1/2, 1/9, 1/16, 1/23, 1/30, 2/6, 2/13, 2/20, 2/27, 3/6

Session 2: 3/13, 3/20, 4/3, 4/10, 4/17, 4/24, 5/1, 5/8, 5/15, 5/22

Thursday Afternoon – 10 Lessons

Level	Time
Stroke Refinement	3:45-4:30 pm
Beginner & Level 1	4:40-5:10 pm

Session 1: 1/4, 1/11, 1/18, 1/25, 2/1, 2/8, 2/15, 2/22, 3/1, 3/8

Session 2: 3/15, 3/22, 4/5, 4/12, 4/19, 4/26, 5/3, 5/10, 5/17, 5/24



## Private Lessons

Offered Monday through Friday for individualized attention and rapid advancement. Thirty-minute lessons are available for \$40 per class. Please contact the Aquatics Director for schedule availability.

To discuss your swimmers' level and the details of our program, please contact our Aquatics Director, Elizabeth Warren at [swimming@broomfieldacademy.com](mailto:swimming@broomfieldacademy.com)

### Broomfield Academy

7203 W. 120<sup>th</sup> Ave.

(303) 469-6449

## Lesson Fees

Swim Team, Session 1 - \$110

Swim Team, Session 2 - \$120

Group Lessons - \$135



## Swim Team

Monday Afternoon – 8/9 Practices

Level	Time
Swim Team	3:40-4:30 pm

Session 1: 1/8, 1/22, 1/29, 2/5, 2/12, 2/26, 3/5, 3/12

Session 2: 3/19, 4/2, 4/9, 4/16, 4/23, 4/30, 5/7, 5/14, 5/21

## Group Swim Lessons

Saturday Morning – 10 Lessons

Level	Time
Beginner	8:45-9:15 am
Level 1	9:20-9:50 am
Level 2	9:55-10:25 am
Level 3	10:30-11:00 am

Session 1: 1/6, 1/13, 1/20, 1/27, 2/3, 2/10, 2/17, 2/24, 3/3, 3/10

Session 2: 3/17, 3/24, 3/31, 4/7, 4/14, 4/21, 4/28, 5/5, 5/12, 5/19



# BROOMFIELD ACADEMY

The Broomfield Academy aquatic's program offers a unique swim experience with small class sizes and expert instructors. Our warm (89°F) saltwater pool features a state-of-the-art sanitation system, eliminating eye and skin irritation. This ensures your swimmer will learn in comfort. Groups are divided into ability levels and focus on skill building.

## Class Descriptions

**Parent-Tot:** Introduces basic water safety skills to infants and toddlers ages 6-months to 3-years. Through gentle coaching, fun songs, and games, parents will safely guide their little ones to be natural swimmers. Parent participation in the water is required.

**Beginner:** Beginner swim lessons are designed for swimmers who have had little to no water exposure. This class teaches personal water safety skills and swimming readiness. With positive encouragement, songs and fun games, children will learn to focus on fun, not fear. Safe water entry and exit, submersion, floating, kicking and beginning swim stroke skills will be developed at this level.

**Level One:** Level One is for the swimmer who is comfortable in the water and able to submerge with a smile. Focus is on underwater exploration, floating, glides, and propulsion. Through fun and encouragement, swimmers will increase their independent swimming skills and begin the process of mastering new ones. Students will begin working on swim-float-swim and will be introduced to swimming on their back.

**Level Two:** Level Two is for the swimmer who can independently swim-float-swim. Emphasis is on freestyle stroke with side breathing and backstroke technique. Students will be introduced to breaststroke and butterfly kicks and arm strokes.

**Level Three:** Swimmers at this level should have the experience to master side breathing and freestyle swimming. Breath control, stroke technique, and endurance are the main focus with all four competitive swim strokes. Treading water and diving will also be introduced.

**Stroke Refinement:** Expert coaching, equipment, and a variety of drills will help swimmers refine their stroke technique in this 45-minute lesson. Focus will be on the four competitive swim strokes: freestyle, backstroke, breaststroke and butterfly.

**Swim Team:** This fun and dynamic team environment is designed for the swimmer who has mastered swimming 25 meters or more. Through fun team drills and expert coaching, swimmers will focus on endurance, competitive strokes, and flip turns.

## Pool Parties

Reserve the Broomfield Academy pool for your next party!

Quality lifeguards and extra space in the Den for food and presents provided for \$60 per hour.

Please contact Elizabeth at  
[swimming@broomfieldacademy.com](mailto:swimming@broomfieldacademy.com)  
or (303) 469-6449

**Refunds and Make-Ups:** Refunds will not be issued for missed classes. However, if illness or extraordinary circumstances arise, please provide the school with a 24-hour advance notice and a reasonable effort will be made to reschedule. If a class is canceled due to a facility or weather closure, reasonable effort will be made to reschedule lessons or a credit will be given towards a future session.