

AQUA FISH SWIM SCHOOL

Session Dates: Tue, Sep 3 - Sun, Nov 3
(No classes 10/31 after 3p)
Save \$10 ~ Register ONLINE!

Introducing the New **AquaFish Swim School** at BHC, teaching the American Red Cross Learn-to-Swim program. AquaFish features a curriculum to ensure each child properly progresses through the skills and levels. Learn-to-Swim classes are taught by knowledgeable instructors who teach swimming skills and safety in and around water.



PARENT/CHILD • TOT • LEVEL 1-5

Parent & Child 6mos - 2yrs.

Introduce swimming to infants and toddlers in a safe environment. Learn to kick, scoop, roll onto back, submerge face, blow bubbles and much more!

Prerequisites: Child must wear a swim diaper and have an adult in the water to assist. Do not feed child less than 1hr before class to avoid an accident.

Day	Time	#wks	Cost*
Wed	5:05-5:35p	9	\$118 / \$157
Thu	10:30-11a	9	\$118 / \$157
Sat	10-10:30a	9	\$118 / \$157
Sun	10-10:30a	9	\$118 / \$157

Level 1 4+yrs or passed Tot.

For children who are learning to swim independently, work on confidence in the water. Learn to kick, scoop, blow bubbles and submerge face.

Level 2 4+yrs or passed Tot with permission from instructor. For children confident in water and learning to independently swim front crawl and backstroke.

Prerequisites: Must be able to fully submerge face, float on back with ears in the water, and is confident enough to try to swim without assistance.

Level 3 Ages 4+yrs.

For children who swim independently and are ready to learn rotary breathing for front crawl, proper technique for backstroke plus introductions to breaststroke and butterfly. **Prerequisites:** Must be able to independently (no assistance from an instructor) swim front crawl & backstroke 12.5yds (1/2 pool length).

Level 4 & 5 Ages 4+yrs.

Children work on endurance with front crawl and backstroke and learn to swim breaststroke and butterfly properly. Great for those who want to join swim team in the future.

Level 4 Prerequisites: Must be able to swim front crawl with rotary breathing and backstroke 25yds w/ confidence.

Level 5 Prerequisites: Must be able to swim front crawl with rotary breathing and backstroke 50yds w/ confidence, 25yds breaststroke and 25yds butterfly.

*Cost: member/other

Level	Day	Time	# wks	Cost*
L1	Mon	4:30-5p	8	\$118 / \$150
L1*	Mon	5:40-6:10p	8	\$118 / \$150
L1*	Tue	4:50-5:20	9	\$131 / \$168
L1*	Wed	11:05-11:35a	9	\$131 / \$168
L1*	Wed	5:05-5:35p	9	\$131 / \$168
L1	Wed	5:40-6:10p	9	\$131 / \$168
L1*	Thu	11:05-11:35a	9	\$131 / \$168
L1*	Thu	5:25-5:55p	8	\$118 / \$150
L1	Sat	10:35-11:05a	9	\$131 / \$168
L1*	Sun	11:10-11:40a	9	\$131 / \$168
L1*	Sun	4-4:30p	9	\$131 / \$168
L2	Mon	5:05-5:35p	8	\$118 / \$150
L2*	Mon	5:40-6:10p	8	\$118 / \$150
L2*	Tue	4:50-5:20p	9	\$131 / \$168
L2*	Wed	11:05-11:35a	9	\$131 / \$168
L2*	Wed	5:05-5:35p	9	\$131 / \$168
L2	Wed	6:15-6:45p	9	\$131 / \$168
L2*	Thu	5:25-5:55p	8	\$118 / \$150
L2	Sat	10:35-11:05a	9	\$131 / \$168
L2*	Sun	11:10-11:40a	9	\$131 / \$168
L3	Mon	5:05-5:35p	8	\$118 / \$150
L3	Tue	5:25-5:55p	9	\$131 / \$168
L3	Sat	11:10-11:40a	9	\$131 / \$168
L4*	Mon	5:40-6:10p	8	\$118 / \$150
L4*	Sat	11:10-11:40a	9	\$131 / \$168
L4*	Sun	4:35-5:05p	9	\$131 / \$168
L5*	Mon	5:40-6:10p	9	\$118 / \$150
L5*	Sat	11:10-11:40a	9	\$131 / \$168
L5*	Sun	4:35-5:05p	9	\$131 / \$168

Tot 2 - 3yrs.

For toddlers who are ready to be in a group setting without a parent in the water. Learn to kick, scoop, blow bubbles, submerge face and safety in a pool.

Prerequisites: Child must be able to sit on side of pool and wait his/her turn. Non-potty trained children must wear a swim diaper.

Day	Time	#wks	Cost*
Mon	4:30-5p	8	\$128 / \$164
Wed	10:30-11a	9	\$143 / \$183
Wed	5:40-6:10p	9	\$143 / \$183
Thu*	11:05-11:35a	9	\$143 / \$183
Thu	4:50-5:20p	8	\$128 / \$164
Sat	10-10:30a	9	\$143 / \$183
Sun	10:35-11:05a	9	\$143 / \$183
Sun*	4-4:30p	9	\$143 / \$183

PRE-TEAM 4/5 & 6/7

Ages 4+yrs. Perfect for those who want to join a swim team or be on a non-competitive team.

Pre-Team 4/5 - Prerequisites: Must be able to swim both front crawl with rotary breathing and back stroke with confidence 50 yds. As well as 25 yds breaststroke and butterfly.

Pre-Team 6/7 - Prerequisites: Must be able to swim both front crawl with rotary breathing and back stroke with confidence 100 yds. As well as 50 yds breaststroke and butterfly.

Level	Day	Time	#wks	Cost*
P4/5	Tue	6-6:45p	9	\$135 / \$165
P4/5	Thu	6-6:45p	8	\$120 / \$146
P4/5	2 Day		8.5	\$208 / \$250
P6/7	Mon	6:15-7:15p	8	\$120 / \$146
P6/7	Wed	6:15-7:15p	9	\$135 / \$165
P6/7	2 Day		8.5	\$208 / \$250



PRIVATE & SEMI-PRIVATE SWIM LESSONS

Type	#Lessons	Cost*
Private	1	\$35 / \$46
Private	4 pack	\$132 / \$175
Private	8 pack	\$248 / \$336
Semi-Private	1	\$22 / \$28
Semi-Private	4 pack	\$85 / \$108
Semi-Private	8 pack	\$164 / \$208

Private Lessons

1:1 Ratio & are 30 mins.

Semi-Private Lesson

2:1 ratio, are 30 mins and cost is per child.

To book a private or semi-private lesson contact swim instructor or email swim.bhc@gmail.com to get started.

24hr Cancellation Policy~ by email ONLY swim.bhc@gmail.com

*Cost: member/other

TAKE IT TO ANOTHER LEVEL



TITAL

Session Dates: Mon, Sept 9 - Sat, Nov 2
Save \$10 ~ Register ONLINE!

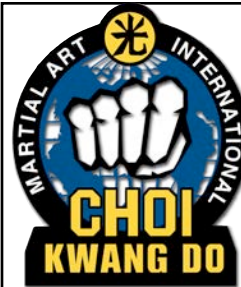
Coach Larry King began coaching over 20+ years ago. Being around basketball his entire life and learning the game on the professional and collegiate level, his passion for basketball led him to teach and train youth. His program focuses on teaching the skills and fundamentals of basketball team play. He prides himself on giving each player direction on how to increase their basketball knowledge, no matter what their skill level.

Train with energy, become consistent and practice for skill mastery. Experience T.I.T.A.L. Basketball Workouts! Get ready to have fun, scrimmage and learn something new each session.

Introducing Pre-Tryouts Practice. Each class will be geared to get the best result out of your game in preparation for the up coming year.

*Cost: member/other

Grade	Day	Time	#wks	Cost*
3rd-4th	Mon	6-7p	8	\$162 / \$194
5th-6th	Wed	6-7p	8	\$162 / \$194
7th-8th	Mon	7-8p	8	\$162 / \$194
9th-10th	Wed	7-8p	8	\$162 / \$194
NEW Pre-Tryout Practice Saturdays				
4th-7th	Sat	12:15-1:15p	8	\$170 / \$210
8th-10th	Sat	1:15-2:15p	8	\$170 / \$210



Master Yevgeniy Malkin, 5th degree Black Belt

Principles are humility, honesty, gentleness, perseverance, self-control and unbreakable spirit.

Session Dates:
Wed, Sep 4 - Sat, Nov 2 (9wks)
Save \$10 ~ Register ONLINE!

* Rank Required Cost: member / other
Jr & Adult Choi- attend any 2 days/wk.

Little Dragons -Ages 3-5yrs. 1 Day/Wk. (45 min class)

Cost: \$156 / \$208

Jr Choi- Beginner -Ages 6-12yrs. Attend 2 Days/Wk

Cost: \$232 / \$289

Jr Choi- Advanced* -Ages 6-12yrs. Attend 2 Days/Wk

Cost: \$232 / \$289

Adult Choi- -Ages 13+yrs. Attend 2 Days/Wk

Cost: \$232 / \$289

Level	Day/Time	Day/Time	Day/Time	Day/Time	Day/Time
Jr Choi - Beginner Attend 2 Days / Wk	Mon 6-6:55p	Wed 5-5:55p	Family All Ranks Thu 5-6:15p	Family All Ranks Sat 11-12:15p	
Jr Choi - Advnaced* Attend 2 Days / Wk	Mon 5-5:55p	Wed 6-6:55p	Family All Ranks Thu 5-6:15p	Family All Ranks Sat 11-12:15p	Black Belt ONLY* Thu 6:15-7:30p
Adult Choi Attend 2 Days / Wk	Mon/Wed / Fri 7-7:55p		Family All Ranks Thu 5-6:15p	Family All Ranks Sat 11-12:15p	Black Belt ONLY* Thu 6:15-7:30p
Little Dragons Choose 1 Day/Wk	Fri 4:30-5:15p	Fri 5:30-6:15p			



Session Dates: Thu, Sep 12 - Thu, Oct 24
Save \$10 ~ Register ONLINE!

Day	Time	#wks	Cost*
Thu	5-6p	7	\$115 / \$150

*Cost: member/other

Boys & Girls 8+ yrs

This class is taught by a certified personal trainer and is committed to improving athletic performance, you will see your young athlete become stronger, faster and more agile. Like group personal training sessions, our trainers will work with your child using the most advanced and proven training methods. This program is designed to take your young athlete to the next level!

Ninja Warrior



Boys & Girls 6-11 yrs.

Combining Speed, Parkour, Gymnastics and agility. Kids challenge themselves on obstacle courses, climbing wall, rope climb and the RIG!

The Challenge is ON! *Cost: member/other

SESSION DATES:
Tue, Sep 10-Fri, Nov 1
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Day	Time	#wks	Cost*
Tue	5-6p	8	\$130 / \$170
Fri	5-6p	8	\$130 / \$170