



Koinonia School of Sports

240 County Home Rd., Rt. 21

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www.koinoniafitness.com & Facebook.com/koinoniaschoolofsports



***45 minute classes cost \$100.00 for each 8 week session**

30 Minute Classes cost \$80.00 for each 8 week session

<p style="text-align: center;"><u>Parent/ Tot:</u></p> <p>Infant or toddler with adult, playing together incorporating song and games to keep child comfortable in water. *open swim includes one adult</p>	<p>Tuesday: 9:50am & 5:30pm Friday: 10:15am & 6:00pm Saturday: 9:15am</p>
<p style="text-align: center;"><u>Beginner:</u></p> <p>Next step after parent/ tot when child feels comfortable to be independent and listen to instruction. Flotation is worn until child learns to swim independently.</p>	<p>Tuesday: 10:30am & 6:00 pm Wednesday: 1:30 pm & 4:45pm* Thursday: 4:15pm Friday: 4:15pm Saturday: 8:30am*, 9:45am, & 10:45am</p>
<p style="text-align: center;"><u>Advanced Beginner:</u></p> <p>Child swims without flotation on their belly and their back. They are comfortable jumping into deep water unassisted. But may be too young to move to Swimmer's level due to endurance.</p>	<p>Monday: 6:30pm Tuesday: 6:30 pm Wednesday: 2:00 pm & 4:15pm Thursday: 4:45pm Friday: 5:30pm Saturday: 10:15am & 11:15am</p>
<p style="text-align: center;"><u>Swimmers:</u></p> <p>Completely comfortable swimming length of pool on belly and back. Our goal is to teach treading water, diving, rhythmic breathing, and more advanced strokes. <i>Includes stroke refinement!</i></p>	<p>Monday: 7:00pm Tuesday: 11:00am* Wednesday: 2:30pm Thursday: 6:15pm* Friday: 4:45pm*</p>

All lessons include open swim. See our website koinoniafitness.com for up to date open swim times available. Please feel free to call also at 860-928-6420

Swim Scholarships Are Available For CT Residents