



# Koinonia School of Sports

240 County Home Rd., Rt. 21

PO Box 321, Thompson, CT 06277

Phone: (860) 928-6420 koinonia.school@att.net

www.koinoniafitness.com & Facebook.com/koinoniaschoolofsports



## Registration Fee: \$10 per child/\$20 per family

Revised November 2018. Valid thru June 2019..

<p style="text-align: center;"><b><u>Parent/ Tot:</u></b></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: 10:00am &amp; 5:30pm Saturday: 9:15am</p>
<p style="text-align: center;"><b><u>Beginner:</u></b></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. Once a child can swim the length of the pool on the belly and the back we will move them up.</p>	<p>Monday: 6:30pm Tuesday: 6:00 pm &amp; 6:30pm Wednesday: 1:30pm, 4:15pm* &amp; 4:45pm Thursday: 4:15pm Friday: 4:15pm &amp; 6:15pm Saturday: 8:30am* 9:45am*, &amp; 11:00am</p>
<p style="text-align: center;"><b><u>Advanced Beginner:</u></b></p> <p>Intro to front crawl with rhythmic breathing, back crawl, elementary back stroke, diving, &amp; treading water. They are comfortable jumping into deep water without someone being next to them..</p>	<p>Tuesday: 7:00 pm Wednesday: 2:00 pm &amp; 4:15pm Thursday: 4:45pm Friday: 5:30pm Saturday: 10:30am</p>
<p style="text-align: center;"><b><u>Swimmers:</u></b></p> <p>Completely comfortable swimming length of pool on belly and back. Our goal is to teach treading water, diving, rhythmic breathing, side stroke, breast stroke, back crawl, elementary backstroke and water safety. Prepares them for Lifeguarding classes.</p>	<p>Monday: 6:30pm* Wednesday: 2:30pm Thursday: 6:15pm* Friday: 4:45pm*</p>

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

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

All lessons include open swim. See our website [koinoniafitness.com](http://koinoniafitness.com) for up to date open swim times available. Please feel free to call also at 860-928-6420