Aquatics

Group Swim Lessons

Spring 6 weeks session: November 9th – December 19th 2026

The aquatic staff here at Sportsplex is very proud of the outstanding program we have established at our facility. Our student to teacher ratio of 1:4 in the group lessons is exclusive and unparalled by the standards set by other competitive swimming programs. I'm sure that you will find that the experiences you and your children will have here at Sportsplex will only prove to be positive ones.

SPORTSPLEX

Level	Session	Day	Time	Member Fee	Non-Member Fee
				Tax is included in fees	
Water Babies (Level 1) Water Exploration	Session 1	Mondays	11:30–12:00PM	$210	$250
	Session 2	Wednesdays	11:30–12:00PM		
	Session 3	Saturdays	12:00–12:30PM		
Minnows (Level 2) Water Safety and Primary Skills	Session 1	Mondays & Wednesdays	11:00–11:30AM	$338	$412
	Session 2	Mondays & Wednesdays	3:00–3:30PM		
	Session 3	Tuesdays & Thursdays	3:00–3:30PM		
	Session 4	Saturdays	11:30–12:00PM	$210	$250
Gold Fish (Level 3) Stroke Readiness	Session 1	Mondays & Wednesdays	3:30–4:00PM	$338	$412
	Session 2	Tuesdays & Thursdays	3:30–4:00PM		
Dolphins (Level 4) Stroke Development	Session 1	Mondays	4:00–4:30PM	$210	$250
	Session 2	Wednesdays	4:00–4:30PM		
Sharks (Level 5) Stroke Development	Session 1	Tuesday	4:00–4:30PM	$210	$250
	Session 2	Thursday	4:00–4:30PM		
Whales (Level 6) Stroke Proficiency	Session 1	Mondays	4:30–5:00PM	$210	$250
	Session 2	Tuesday	4:30–5:00PM		
	Session 3	Wednesdays	4:30–5:00PM		
	Session 4	Thursdays	4:30–5:00PM		

Parent Name:_____ Member #:_____

Child's Name:_____ Age:_____

Home Phone #_____ Other Phone #_____

Level Number:_____ Session #_____

E-Mail Address:_____ Non-Member: ☐

Cash: ☐ Check: ☐ Credit Card: ☐ #_____ Exp Date_____

PLEASE NOTE:

- Member fees will be billed to Sportsplex account.
- Non-members must pre-pay prior to start of program to insure a spot in class.
- Classes will be filled on a first come-first serve basis.
- No refunds will be given after the second class.
- **Non-members are required to bring their own towels**

Waiver: I agree to abide by the rules & regulations set forth by, FASSP/Sportsplex Stamford LLC & its staff. In consideration of my being permitted to participate in club activities. I the undersigned hereby release & hold harmless FASSP/Sportsplex Stamford LLC staff from all claims, losses, damages or expenses because of personal or bodily injury incurred in conjunction with the above mentioned programs.

Group Swim Lessons

Swim Level descriptions

Water Babies (Level 1) Water Exploration	A movement and adjustment experience in the water for children ranging from 4 months to 2 years old. This class is designed to expose infants and toddlers to the water. Focus on floating, submerging, and kicking. Parents/caregivers must be in the water.
Minnows (Level 2) Water Safety and Primary Skills	Child must be at least 2 years of age to participate in class. The objective of this class is to help the child feel comfortable in the water and water safety. Skills introduced will be water adjustment, buoyancy, unassisted floating, entering/exiting the water, front/back kicking, and using arms for short distances. Parents/caregivers not permitted in the water.
Gold Fish (Level 3) Stroke Readiness	Child must be able to accomplish all of the skills in level 2 to enter this group. This class will teach basic freestyle (breathing to the side), backstroke, water treading, full submersion, and to retrieve objects under the water.
Dolphins (Level 4) Stroke Development	Child must be able to accomplish all skills in level 3. This class is designed to perfect the freestyle and backstroke. The breaststroke is introduced and practiced extensively.
Sharks (Level 5) Stroke Development	Child must be able to accomplish all skills in level 4. This class will perfect the freestyle, backstroke, and breaststroke. The butterfly is introduced and practiced extensively.
Whales (Level 6) Stroke Proficiency	The objective of this class is to coordinate all of the skills and refine all swim strokes. All of the corresponding flip turns will be taught and perfected. All strokes will be perfected to achieve swim efficiency and smoothness over greater distances.