

Swim School

FALL SESSIONS 1-4 | 2024



About Our Swim Program

Our instructional swim clinics teach the skills necessary to ensure fun, safe experience in the water. Both drills and interactive games are utilized to practice swimming skills. Clinics are open to both members and non-members. If you are unsure which level is appropriate, please contact our Aquatics Director, Marie Bondie, at (734) 665-3738, ext. 154 or marie.bondie@libertyathletic.net.

Registration Dates

Session 1 & 2

Member

August 5, 2024

Non-Member

August 19, 2024

Session 3 & 4

Member

September 30, 2024

Non-Member

October 14, 2024



Parent Child

6-36 Months

Instructor to student ratio is 1:8. No prerequisites, but parental attendance/accompaniment is required. Assisted by their parents and our instructors, students in Parent-Child Swim will learn to become comfortable in the water.

(Lagoon Plunge Pool)

Saturdays *Excludes 11/30

10-10:30am

9/14-9/28	3 mtgs	\$51 (\$60)	Session 1
10/5-10/26	4 mtgs	\$68 (\$80)	Session 2
11/2-11/23	4 mtgs	\$68 (\$80)	Session 3
12/7-12/14	2 mtgs	\$34 (\$40)	Session 4

Sundays *Excludes 12/1

9:30-10am

9/15-9/29	3 mtgs	\$51 (\$60)	Session 1
10/6-10/27	4 mtgs	\$68 (\$80)	Session 2
11/3-11/24	4 mtgs	\$68 (\$80)	Session 3
12/8-12/15	2 mtgs	\$34 (\$40)	Session 4

Playtime for Polliwogs

2-4 Years

Instructor to student ratio is 1:4. Children must be ready to explore the water independently, without parental assistance. Centered on songs and games that prepare children for future Fish classes, Playtime for Polliwog students will learn to walk independently in the water, blow bubbles, and gain self-confidence in and around the pool. (Lagoon Zero Depth)

Mondays

10-10:30am

5-5:30pm

9/9-9/30	4 mtgs	\$68 (\$80)	Session 1
10/7-10/28	4 mtgs	\$68 (\$80)	Session 2
11/4-11/25	4 mtgs	\$68 (\$80)	Session 3
12/2-12/16	3 mtgs	\$51 (\$60)	Session 4

Wednesdays *Excludes 11/27

5-5:30pm

9/11-10/2	4 mtgs	\$68 (\$80)	Session 1
10/9-10/30	4 mtgs	\$68 (\$80)	Session 2
11/6-11/20	3 mtgs	\$51 (\$60)	Session 3
12/4-12/18	3 mtgs	\$51 (\$60)	Session 4

Saturdays *Excludes 11/30

10-10:30am

9/14-9/28	3 mtgs	\$51 (\$60)	Session 1
10/5-10/26	4 mtgs	\$68 (\$80)	Session 2
11/2-11/23	4 mtgs	\$68 (\$80)	Session 3
12/7-12/14	2 mtgs	\$34 (\$40)	Session 4

Sundays *Excludes 12/1

9:30-10am

9/15-9/29	3 mtgs	\$51 (\$60)	Session 1
10/6-10/27	4 mtgs	\$68 (\$80)	Session 2
11/3-11/24	4 mtgs	\$68 (\$80)	Session 3
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Policies

1st Fee = Member Rate
2nd Fee = Non-member Rate

- A 48-Hour cancellation policy applies to each swim session.
- Please note that no refunds/prorations will be given for classes missed during a session
- Non-members participating in Liberty's swim programs are permitted to use the pool only during scheduled clinics and/or lessons
- Classes are subject to cancellation
- When lightning is sighted during swim lessons, a dry land lesson will be taught
- In the event your instructor is unable to teach, you will have a substitute instructor
- Exceptions to the age requirements may be granted upon approval from the instructor or program director

Fish 1

4-8 Years (or instructor permission)

Instructor to student ratio is 1:4. In Fish 1, students will learn basic pool safety and rules, as well as how to enter and exit the water independently, how to blow nose bubbles, and how to execute basic paddle stroke motions. (Lagoon Plunge Pool)

Mondays	
10:30-11am	5:30-6pm

9/9-9/30	4 mtgs	\$68 (\$80)	Session 1
10/7-10/28	4 mtgs	\$68 (\$80)	Session 2
11/4-11/25	4 mtgs	\$68 (\$80)	Session 3
12/2-12/16	3 mtgs	\$51 (\$60)	Session 4

Wednesdays *Excludes 11/27	
5:30-6pm	

9/11-10/2	4 mtgs	\$68 (\$80)	Session 1
10/9-10/30	4 mtgs	\$68 (\$80)	Session 2
11/6-11/20	3 mtgs	\$51 (\$60)	Session 3
12/4-12/18	3 mtgs	\$51 (\$60)	Session 4

Saturdays *Excludes 11/30	
10:30-11am	11-11:30am
11:30am-12pm	

9/14-9/28	3 mtgs	\$51 (\$60)	Session 1
10/5-10/26	4 mtgs	\$68 (\$80)	Session 2
11/2-11/23	4 mtgs	\$68 (\$80)	Session 3
12/7-12/14	2 mtgs	\$34 (\$40)	Session 4

Sundays *Excludes 12/1	
10-10:30am	10:30-11am
11-11:30am	

9/15-9/29	3 mtgs	\$51 (\$60)	Session 1
10/6-10/27	4 mtgs	\$68 (\$80)	Session 2
11/3-11/24	4 mtgs	\$68 (\$80)	Session 3
12/8-12/15	2 mtgs	\$34 (\$40)	Session 4

Fish 2

4-9 Years (or instructor permission)

Instructor to student ratio is 1:4. Mastery of Fish 1 skills is required. In Fish 2, students will learn the functional flutter kick, basic arm movements, the swim-float-swim sequence, and the front and back float. By the end of this class, students will swim independently for the first time and begin to understand the importance of pool safety. (Lagoon Plunge Pool)

Mondays	
11-11:30am	
5-5:30pm	5:30-6pm

9/9-9/30	4 mtgs	\$68 (\$80)	Session 1
10/7-10/28	4 mtgs	\$68 (\$80)	Session 2
11/4-11/25	4 mtgs	\$68 (\$80)	Session 3
12/2-12/16	3 mtgs	\$51 (\$60)	Session 4

Wednesdays *Excludes 11/27	
5-5:30pm	5:30-6pm

9/11-10/2	4 mtgs	\$68 (\$80)	Session 1
10/9-10/30	4 mtgs	\$68 (\$80)	Session 2
11/6-11/20	3 mtgs	\$51 (\$60)	Session 3
12/4-12/18	3 mtgs	\$51 (\$60)	Session 4

Saturdays *Excludes 11/30	
10:30-11am	11-11:30am
11:30am-12pm	

9/14-9/28	3 mtgs	\$51 (\$60)	Session 1
10/5-10/26	4 mtgs	\$68 (\$80)	Session 2
11/2-11/23	4 mtgs	\$68 (\$80)	Session 3
12/7-12/14	2 mtgs	\$34 (\$40)	Session 4

Sundays *Excludes 12/1	
10-10:30am	10:30-11am
11-11:30am	

9/15-9/29	3 mtgs	\$51 (\$60)	Session 1
10/6-10/27	4 mtgs	\$68 (\$80)	Session 2
11/3-11/24	4 mtgs	\$68 (\$80)	Session 3
12/8-12/15	2 mtgs	\$34 (\$40)	Session 4



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Private/Semi-Private Swim Lessons

To book a private or semi-private swim lesson, please complete the Interest for [Private Lessons Form](#) located on the Liberty Athletic Club website under aquatics.

Private Lessons

30 minutes \$39 (\$53)
 45 minutes \$52 (\$70)
 60 minutes \$62 (\$86)

Semi-Private Lessons

30 minute
 2 people \$24 (\$32) each
 3 people \$18 (\$22) each
 4 people \$16 (\$19) each

45 minute
 2 people \$32 (\$40) each
 3 people \$24 (\$29) each
 4 people \$22 (\$25) each

60 minute
 2 people \$40 (\$49) each
 3 people \$28 (\$35) each
 4 people \$23 (\$28) each

Fish 3

4-10 Years (or instructor permission)

Instructor to student ratio is 1:4. Mastery of Fish 2 skills is required. Fish 3 students will master the swim-float-swim sequence as well as learn freestyle, the backstroke, and the breaststroke kick. During the course of Fish 3, students will also learn how to tread water.

(Lagoon Plunge Pool)

Mondays	
11:30am-12pm	
5-5:30pm	5:30-6pm

9/9-9/30	4 mtgs	\$68 (\$80)	Session 1
10/7-10/28	4 mtgs	\$68 (\$80)	Session 2
11/4-11/25	4 mtgs	\$68 (\$80)	Session 3
12/2-12/16	3 mtgs	\$51 (\$60)	Session 4

Wednesdays *Excludes 11/27	
5-5:30pm	5:30-6pm

9/11-10/2	4 mtgs	\$68 (\$80)	Session 1
10/9-10/30	4 mtgs	\$68 (\$80)	Session 2
11/6-11/20	3 mtgs	\$51 (\$60)	Session 3
12/4-12/18	3 mtgs	\$51 (\$60)	Session 4

Saturdays *Excludes 11/30	
10:30-11am	11-11:30am
11:30am-12pm	

9/14-9/28	3 mtgs	\$51 (\$60)	Session 1
10/5-10/26	4 mtgs	\$68 (\$80)	Session 2
11/2-11/23	4 mtgs	\$68 (\$80)	Session 3
12/7-12/14	2 mtgs	\$34 (\$40)	Session 4

Sundays *Excludes 12/1	
10-10:30am	10:30-11am
11-11:30am	

9/15-9/29	3 mtgs	\$51 (\$60)	Session 1
10/6-10/27	4 mtgs	\$68 (\$80)	Session 2
11/3-11/24	4 mtgs	\$68 (\$80)	Session 3
12/8-12/15	2 mtgs	\$34 (\$40)	Session 4

Fish 4

4-11 Years (or instructor permission)

Instructor to student ratio is 1:4. Mastery of Fish 3 skills and comfort in the water is required. In Fish 4, students will fine tune their freestyle technique by learning rotary breathing. Additionally, they will learn a variety of new strokes including the backstroke, the breaststroke, the elementary backstroke, and an introduction to the butterfly stroke. Finally, Fish 4 students will build endurance, master the skill of treading water, and receive an introduction of streamline and pullout techniques to help prepare them for the lap pool.

(Lagoon Log Pool)

Mondays	
5-5:45pm	5:45-6:30pm

9/9-9/30	4 mtgs	\$88 (\$108)	Session 1
10/7-10/28	4 mtgs	\$88 (\$108)	Session 2
11/4-11/25	4 mtgs	\$88 (\$108)	Session 3
12/2-12/16	3 mtgs	\$66 (\$81)	Session 4

Wednesdays *Excludes 11/27	
5-5:45pm	5:45-6:30pm

9/11-10/2	4 mtgs	\$88 (\$108)	Session 1
10/9-10/30	4 mtgs	\$88 (\$108)	Session 2
11/6-11/20	3 mtgs	\$66 (\$81)	Session 3
12/4-12/18	3 mtgs	\$66 (\$81)	Session 4

Saturdays *Excludes 11/30	
10:30-11:15am	11:15am-12pm

9/14-9/28	3 mtgs	\$66 (\$81)	Session 1
10/5-10/26	4 mtgs	\$88 (\$108)	Session 2
11/2-11/23	4 mtgs	\$88 (\$108)	Session 3
12/7-12/14	2 mtgs	\$44 (\$54)	Session 4

Sundays *Excludes 12/1	
10-10:45am	10:45-11:30am

9/15-9/29	3 mtgs	\$66 (\$81)	Session 1
10/6-10/27	4 mtgs	\$88 (\$108)	Session 2
11/3-11/24	4 mtgs	\$88 (\$108)	Session 3
12/8-12/15	2 mtgs	\$44 (\$54)	Session 4



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Fish 5

5-12 Years (or instructor permission)

Mastery of Fish 4 skills and ability to swim 25 yards of all strokes is required. Students in Fish 5 will focus on increasing endurance and speed while improving stroke technique for all four competitive strokes. They will also continue to improve upon their streamlining and pullout techniques. (Indoor Lap Pool)

Mondays

5-5:45pm

9/9-9/30	4 mtgs	\$76 (\$96)	Session 1
10/7-10/28	4 mtgs	\$76 (\$96)	Session 2
11/4-11/25	4 mtgs	\$76 (\$96)	Session 3
12/2-12/16	3 mtgs	\$57 (\$72)	Session 4

Wednesdays *Excludes 11/27

5-5:45pm

9/11-10/2	4 mtgs	\$76 (\$96)	Session 1
10/9-10/30	4 mtgs	\$76 (\$96)	Session 2
11/6-11/20	3 mtgs	\$57 (\$72)	Session 3
12/4-12/18	3 mtgs	\$57 (\$72)	Session 4

Saturdays *Excludes 11/30

10:30-11:15am

9/14-9/28	3 mtgs	\$57 (\$72)	Session 1
10/5-10/26	4 mtgs	\$76 (\$96)	Session 2
11/2-11/23	4 mtgs	\$76 (\$96)	Session 3
12/7-12/14	2 mtgs	\$38 (\$48)	Session 4

Sundays *Excludes 12/1

10-10:45am

9/15-9/29	3 mtgs	\$57 (\$72)	Session 1
10/6-10/27	4 mtgs	\$76 (\$96)	Session 2
11/3-11/24	4 mtgs	\$76 (\$96)	Session 3
12/8-12/15	2 mtgs	\$38 (\$48)	Session 4

Fish 6

5-13 Years (or instructor permission)

Mastery of Fish 5 skills and the ability to swim 100 yards in all strokes. Fish 6 prepares students for the swim team by focusing on increasing endurance, swimming an IM, and improving flip turns and pullouts. (Indoor Lap Pool)

Mondays

5:45-6:30pm

9/9-9/30	4 mtgs	\$76 (\$96)	Session 1
10/7-10/28	4 mtgs	\$76 (\$96)	Session 2
11/4-11/25	4 mtgs	\$76 (\$96)	Session 3
12/2-12/16	3 mtgs	\$57 (\$72)	Session 4

Wednesdays *Excludes 11/27

5:45-6:30pm

9/11-10/2	4 mtgs	\$76 (\$96)	Session 1
10/9-10/30	4 mtgs	\$76 (\$96)	Session 2
11/6-11/20	3 mtgs	\$57 (\$72)	Session 3
12/4-12/18	3 mtgs	\$57 (\$72)	Session 4

Saturdays *Excludes 11/30

11:15am-12pm

9/14-9/28	3 mtgs	\$57 (\$72)	Session 1
10/5-10/26	4 mtgs	\$76 (\$96)	Session 2
11/2-11/23	4 mtgs	\$76 (\$96)	Session 3
12/7-12/14	2 mtgs	\$38 (\$48)	Session 4

Sundays *Excludes 12/1

10:45-11:30am

9/15-9/29	3 mtgs	\$57 (\$72)	Session 1
10/6-10/27	4 mtgs	\$76 (\$96)	Session 2
11/3-11/24	4 mtgs	\$76 (\$96)	Session 3
12/8-12/15	2 mtgs	\$38 (\$48)	Session 4

Swim Team Workout

8-17 Years (or instructor permission)

Swim Team Workouts are designed for students who have reached the Fish 5 level and wish to swim competitively. Swimmers will focus on fine-tuning the technique of all four competitive strokes, improve their endurance, and master flip turns and pullouts. Swim Team Workouts will also emphasize the importance of stretching before practice begins. (Indoor Lap Pool)

Mondays

6:30-7:30pm

9/9-9/30	4 mtgs	\$80 (\$96)	Session 1
10/7-10/28	4 mtgs	\$80 (\$96)	Session 2
11/4-11/25	4 mtgs	\$80 (\$96)	Session 3
12/2-12/16	3 mtgs	\$60 (\$72)	Session 4

Wednesdays *Excludes 11/27

6:30-7:30pm

9/11-10/2	4 mtgs	\$80 (\$96)	Session 1
10/9-10/30	4 mtgs	\$80 (\$96)	Session 2
11/6-11/20	3 mtgs	\$60 (\$72)	Session 3
12/4-12/18	3 mtgs	\$60 (\$72)	Session 4

Sundays *Excludes 12/1

12-1pm

9/15-9/29	3 mtgs	\$60 (\$72)	Session 1
10/6-10/27	4 mtgs	\$80 (\$96)	Session 2
11/3-11/24	4 mtgs	\$80 (\$96)	Session 3
12/8-12/15	2 mtgs	\$40 (\$48)	Session 4

