



# Swim

SUMMER 2023

## Who is this program for?

Our Swim program is designed for beginning to intermediate swimmers ages 18 months to 10 years old. Our classes are structured to meet the needs of each child depending upon their comfort level in the water as well as their prior skill development. We limit our class sizes to 4 students per instructor to ensure individualized attention and safety. For more information, contact our office at **(406) 259-2237** or send an email to **office@billingsgymnastics.org**.



## What are the details?

**Class Cost:** \$70 per Session (8 Lessons)

**Membership Fee:** There isn't one for Swim

**Class Days:** Mon - Thurs for 2 weeks  
(unless otherwise noted)

**Class Duration:** 30 mins for all classes

\*Fridays are reserved for makeup lessons if a majority of classes have to be cancelled. If most classes can proceed, Credit Vouchers will be issued instead.

\*\*Due to our swim program's structure, individual makeups cannot be scheduled for missed classes.

### May

	M	T	W	Th
	8	9	10	11
S1	15	16	17	18
	22	23	24	25
	29	30	31	June 1

### June

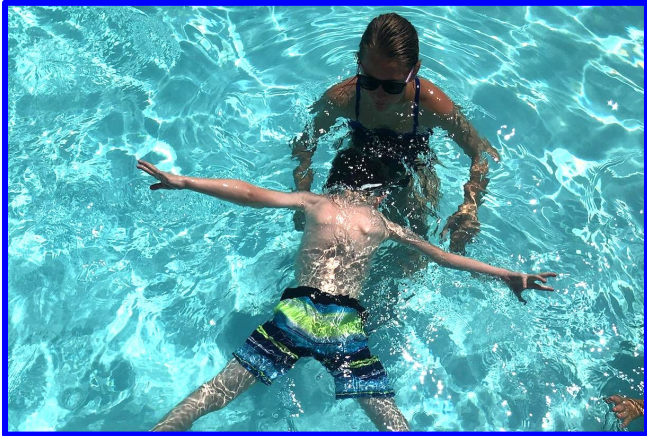
	M	T	W	Th
S2	5	6	7	8
	12	13	14	15
S3	19	20	21	22
	26	27	28	29

### July

	M	T	W	Th	F
S4	H	H	5	6	7
	10	11	12	13	14
S5	17	18	19	20	
	24	25	26	27	

### August

	M	T	W	Th
S6	July 31	1	2	3
	7	8	9	10
S7	14	15	16	17
	21	22	23	24



# Class Descriptions

## Swim Buddies

**Ages: 18 mo. to 3 yrs.**

For our youngest swimmers; this is an adult participation class that focuses on helping toddlers become comfortable and safe in the water.

## Goldfish

**Ages: 3 to 4**

For young swimmers who are still new to swimming; this class focuses on building independence, comfort, and safety in the water.

## Sunfish

**Ages: 3 to 4**

For kids comfortable putting their head underwater, this level works on developing independent floating and kicking with the kickboard.

## Seahorse

**Ages: 3 to 4**

By instructor recommendation only, Seahorse introduces the front stroke, backstroke, and deep-water swimming.

## Jellyfish

**Ages: 5 to 10**

Jellyfish is an introductory swim class for older students. This is a level for kids uncomfortable putting their head underwater or need work with the basics.

## Starfish

**Ages: 5 to 10**

This level focuses on learning the front and backstroke. This level is for swimmers who are comfortable in the water and can kick and float on their own.

## Dolphin

**Ages: 5 to 10**

The focus of this level is stroke refinement. Students in Dolphin will work on improving their front and backstroke while also developing the butterfly.

# Schedule of Classes

Session 1 (May 15 - 25)			
Evening			
Swim Buddies	6:00	Jellyfish	5:30, 6:15, 6:30
Goldfish	5:30, 6:15, 6:45	Starfish	6:00, 6:30
Sunfish	5:45, 6:45	Dolphin	5:45
Seahorse	Contact Office		



Session 2 (June 5 - 15)			
	Morning	Afternoon	Evening
Swim Buddies	8:30, 10:15, 11:30	3:00	5:30, 6:00
Goldfish	8:45, 9:00, 9:15, 9:30, 9:45, 10:30, 10:45, 11:00, 11:30	12:45, 1:00, 1:15, 1:30, 1:45, 2:15, 2:30, 2:45	5:45, 6:15, 6:30, 6:45, 7:00, 7:15, 7:30
Sunfish	8:30, 8:45, 9:00, 9:15, 9:30, 9:45, 10:15, 11:00, 11:30	12:45, 1:00, 1:15, 1:45, 2:15, 3:00	5:30, 6:00, 6:30, 6:45, 7:15, 7:30
Seahorse	Contact Office		
Jellyfish	8:30, 8:45, 9:00, 9:15, 9:30, 9:45, 10:15, 10:30, 10:45, 11:00,11:30	12:45, 1:00, 1:15, 1:30, 1:45, 2:00, 2:15, 2:30, 2:45, 3:00	5:30, 5:45, 6:00, 6:15, 6:30, 6:45, 7:00, 7:15, 7:30
Starfish	8:30, 9:15, 9:30, 10:15, 10:30, 10:45, 11:00, 11:15	12:45, 1:15, 1:30, 2:00, 2:30, 2:45, 3:00	5:30, 5:45, 6:15, 6:45, 7:00, 7:15, 7:30
Dolphin	9:00, 9:45, 10:45, 11:15	1:00, 1:45, 2:15, 2:45	6:30, 7:00

Session 3 (June 19 - June 29)			
	Morning	Afternoon	Evening
Swim Buddies	8:30, 10:30, 11:30	3:00	5:30, 6:30
Goldfish	8:45, 9:00, 9:15, 9:30, 9:45, 10:30, 10:45, 11:00, 11:15	12:45, 1:00, 1:30, 1:45, 2:00, 2:15, 2:30, 2:45	5:45, 6:00, 6:15, 6:30, 6:45, 7:00, 7:15
Sunfish	8:30, 8:45, 9:00, 9:30, 10:30, 11:00, 11:30	12:45, 1:15, 1:45, 2:15, 3:00	5:30, 5:45, 6:15, 6:30, 6:45, 7:00, 7:15
Seahorse	Contact Office		
Jellyfish	8:30, 8:45, 9:00, 9:15, 9:30, 9:45, 10:15, 10:30, 10:45, 11:00, 11:30	12:45, 1:00, 1:15, 1:30, 1:45, 2:00, 2:15, 2:30, 2:45	5:30, 6:00, 6:15, 6:30, 6:45, 7:00, 7:15, 7:30
Starfish	8:45, 9:00, 9:15, 9:30, 9:45, 10:15, 10:45, 11:00, 11:15	1:00, 1:15, 1:30, 1:45, 2:00, 2:30, 2:45, 3:00	5:30, 5:45,6:00, 6:30, 6:45, 7:15, 7:30
Dolphin	9:15, 10:15, 11:15	12:45, 1:15, 2:15, 2:45	6:00, 7:00, 7:30

Session 4 (July 5 - 14)			
Please note: Week 1 will run Wed-Fri and Week 2 will run Mon-Fri			
	Morning	Afternoon	Evening
Swim Buddies	10:15, 11:30	3:00	5:30, 6:30
Goldfish	8:30, 8:45, 9:00, 9:15, 9:30, 10:15, 10:30, 10:45, 11:00, 11:15, 11:30	12:45, 1:15, 1:30, 2:00, 2:30, 2:45	5:30, 5:45, 6:00, 6:30, 6:45, 7:15
Sunfish	8:30, 8:45, 9:00, 9:15, 9:30, 10:30, 10:45, 11:00, 11:30	12:45, 1:00, 1:45, 2:15, 2:30, 3:00	5:45, 6:15, 6:45, 7:00, 7:30
Seahorse	Contact Office		
Jellyfish	8:30, 8:45, 9:00, 9:15, 9:30, 9:45, 10:15, 10:30, 10:45, 11:00, 11:15, 11:30	12:45, 1:15, 1:30, 1:45,2:00, 2:15, 2:45	5:30, 5:45, 6:00, 6:15, 6:45, 7:00, 7:15, 7:30
Starfish	8:45, 9:00, 9:15, 9:30, 9:45, 10:15, 10:30, 10:45, 11:15	1:00, 1:15, 1:30, 1:45, 2:15, 2:30, 3:00	5:30, 5:45, 6:00, 6:15, 6:30, 6:45, 7:15, 7:30
Dolphin	8:30, 9:45, 11:00	1:00, 2:00, 2:45	6:00, 7:00, 7:30

Session 5 (July 17 - 27)			
	Morning	Afternoon	Evening
Swim Buddies	8:30, 10:30, 11:30	12:45	5:30, 6:30
Goldfish	8:45, 9:00, 9:30, 9:45, 10:15, 10:45, 11:15	1:00, 1:30, 1:45, 2:30, 3:00	5:45, 6:00, 6:30, 6:45, 7:15
Sunfish	8:30, 8:45, 9:00, 9:15, 9:30, 10:30, 10:45, 11:00, 11:15, 11:30	1:00, 1:15, 1:45, 2:15, 2:45	5:30, 5:45, 6:00 6:15, 6:30, 6:45, 7:00, 7:30
Seahorse	Contact Office		
Jellyfish	8:30, 8:45, 9:00, 9:30, 9:45, 10:15, 10:30, 10:45, 11:00, 11:15, 11:30	12:45, 1:15, 1:30, 2:00,2:15, 2:30, 2:45, 3:00	5:30, 5:45, 6:15, 6:45, 7:00, 7:15, 7:30
Starfish	8:45, 9:00, 9:15, 9:30,9:45, 10:30, 10:45, 11:00, 11:15	12:45, 1:00, 1:30, 1:45, 2:00, 2:30, 2:45	5:45, 6:00, 6:15, 6:30, 6:45, 7:00, 7:15, 7:30
Dolphin	9:15, 9:45, 10:15, 11:00	1:15, 2:00, 2:15, 3:00	6:00, 7:00, 7:30

Session 6 (July 31 - August 10)			
	Morning	Afternoon	Evening
Swim Buddies	8:30, 10:30, 11:30	3:00	5:30, 6:30
Goldfish	8:30, 8:45, 9:00, 9:45, 10:15, 10:30, 10:45, 11:00, 11:30	12:45,1:30, 2:00, 2:30, 2:45	5:45, 6:00, 6:15, 6:30, 6:45, 7:00, 7:15
Sunfish	8:45, 9:00, 9:15, 9:30, 10:15, 10:30, 10:45, 11:00	1:00, 1:15, 1:45, 3:00	5:30, 5:45, 6:00, 6:15, 6:45, 7:15, 7:30
Seahorse	Contact Office		
Jellyfish	8:30, 8:45, 9:00, 9:15, 9:45, 10:15, 10:30, 10:45, 11:00, 11:15, 11:30	12:45,1:00,1:15, 1:30, 1:45, 2:00, 2:15, 2:30, 2:45, 3:00	5:30, 5:45, 6:00, 6:15, 6:30, 6:45, 7:00, 7:30
Starfish	8:45, 9:00, 9:15, 9:30, 10:15, 10:45, 11:00, 11:15, 11:30	1:00, 1:30, 2:00, 2:15, 2:45	5:30, 5:45, 6:30, 6:45, 7:00, 7:15, 7:30
Dolphin	9:15, 9:45, 10:15, 11:15	12:45, 1:15, 1:45, 2:30	6:00, 7:00, 7:30

Session 7 (August 14 - 24)	
	Evening
Swim Buddies	4:30, 6:15
Goldfish	4:45, 5:00, 5:15, 5:30, 6:15, 6:45, 7:15
Sunfish	4:30, 5:00, 5:30, 5:45, 6:30, 7:00, 7:30
Seahorse	Contact Office
Jellyfish	4:30, 4:45, 5:30, 6:15, 6:30, 7:00, 7:15
Starfish	4:45, 5:15, 5:45, 6:30, 7:00, 7:15, 7:30
Dolphin	5:00, 6:45, 7:30