



# WINTER 2019 Group Swim Lessons

Bring your child to the Heartland Regional Aquatics Center at The HUB!  
It's a safe and exciting place for them to build confidence and learn essential skills for the next level of swimming, all while having fun!

**8 WEEK SESSION**  
**Jan. 21 - Mar. 16**

## EARLY BIRD REGISTRATION

\$55\*/Hubber

\$80\*/Non-Member


*\*First 25 Participants to Register  
Receive \$15 OFF!!*

**SEE MORE DETAILED  
INFORMATION ON THE BACK**

## REGISTRATION DEADLINE

January 14

 (618) 997-2HUB

 917 W. Main Street Marion

 [www.thehubmarion.com](http://www.thehubmarion.com)

 Like us on Facebook "The HUB Recreation Center"

 Follow us on Twitter @TheMarionHUB



### Tub to HUB (Ages 6 months-24 months)

If your little one is comfortable with the tub, then The HUB is the next step! This parent-child, ease-in program is perfect for water acclimation. Child learns submerging and exploring.

|           |                  |
|-----------|------------------|
| Tuesday   | 5:00-5:30 p.m.   |
| Wednesday | 8:30-9:00 a.m.   |
| Wednesday | 11:15-11:45 a.m. |

### HUB2O Explore (Ages 20 months-36 months)

Bring your water comfortable toddler to the pool for an introduction to buoyancy, submerging, positional changes, rolling, and safe play while having fun with songs, games and basic aquatic skills. This is a parent-child class.

|          |                  |
|----------|------------------|
| Tuesday  | 4:30-5:00 p.m.   |
| Saturday | 10:30-11:00 a.m. |

### Bubbles HUBBLES (Ages 3 years-5 years)

Prepare for HUBmarines with this transitional skills class for parent and child. Beginning skills are introduced, or continued, as appropriate.

|          |                  |
|----------|------------------|
| Thursday | 5:00-5:30 p.m.   |
| Saturday | 10:00-10:30 a.m. |

### HUBmarines (Ages 4 years-5 years)

It's fun to go under water like a submarine, but subs come up! HUBmarines learn face up and face down surface skills including floating, gliding and positional changes. Swimming strokes are introduced and taught on a rotational basis.

*Prerequisite: Child is comfortable in water without parent.*

|          |                |
|----------|----------------|
| Tuesday  | 4:30-5:00 p.m. |
| Tuesday  | 5:30-6:00 p.m. |
| Thursday | 5:30-6:00 p.m. |
| Saturday | 9:00-9:30 a.m. |

### Adult Group Lessons

Tuesdays and Thursdays 11:15 a.m.-12:00 p.m.

Tuesdays and Thursdays 6:00-6:45 p.m.

**Adult Lessons Cost:**

\$80/Hubber, \$115/Non-Member

### HydroHUBs Level 1 (Ages 6+ years)

Introduction to water skills such as front and back glides, rolling, front and back strokes and jumping entry.

*Prerequisite: Child is comfortable in water without parent.*

|          |                  |
|----------|------------------|
| Tuesday  | 4:30-5:00 p.m.   |
| Thursday | 4:30-5:00 p.m.   |
| Saturday | 9:30-10:00 a.m.  |
| Saturday | 11:15-11:45 a.m. |

### HydroHUBs Level 2 (Ages 6+ years)

We up the ante and teach them skills like swimming in a horizontal position on their front and back without flotation for the entire length of the pool, rotary breathing and introduction to breast stroke.

*Prerequisite: Completion of HydroHUBs 1, or, participant must be able to swim with no flotation half the length of pool.*

|          |                  |
|----------|------------------|
| Tuesday  | 5:30-6:00 p.m.   |
| Thursday | 5:30-6:00 p.m.   |
| Saturday | 10:00-10:30 a.m. |

### HydroHUBs Level 3-4 (Ages 6+ years)

Intermediate level where we transition from stroke development to improvement of all strokes and focus on increased endurance, turns and dives.

*Prerequisite: Completion of HydroHUBs 2, or, participant must be able to swim with no flotation one length of pool using front crawl and backstroke.*

|          |                       |
|----------|-----------------------|
| Tuesday  | 5:00-5:30 p.m.        |
| Saturday | 11:45 a.m.-12:15 p.m. |

### HydroHUBs Level 5-6 (Ages 6+ years)

Advanced level for fitness and competitive swimmers by improving front crawl and backstroke for two pool lengths and all other strokes for one pool length. Other skill development includes flip turns and dives.

*Prerequisite: Completion of HydroHUBs 3-4, or, participant must be able to swim with no flotation two lengths of pool using front crawl and backstroke, plus one length of pool with butterfly and breast stroke.*

|          |                |
|----------|----------------|
| Tuesday  | 5:00-5:45 p.m. |
| Thursday | 5:00-5:45 p.m. |