

# Little Fins 2023 Class Schedule

<b>1003 Magnolia St. Mansfield, TX. 76063</b>		<b>817-473-4944</b>		<b>spiralsgym.com</b>	
<i>All classes are coed for boys and girls. See reverse side for class descriptions.</i>				<b>*Inquire – Class Schedule Changes Possible</b>	
<b>Two Week Sessions</b>	<b>Dates</b>	<b>*Saturday Sessions</b>	<b>Dates</b>	<b>Tuition Costs</b>	
<b>Mon-Fri &amp; Mon-Wed.</b>	<b>8 - 40 minute classes</b>	<b>6 consecutive Saturdays</b>	<b>50 minute classes</b>	<b>Registration Fees:</b> \$20.00 per family (new students) \$15.00 per family (students currently enrolled in any Spirals programs at the time of swim registration) \$10.00 class transfer fee \$10.00 non refundable/non transferable deposit for additional sessions per child <i>Tuition is non-refundable</i> Sessions 1-5                      Sessions A-B \$165.00 1 <sup>st</sup> child                      \$155.00 1 <sup>st</sup> child \$155.00 2 <sup>nd</sup> child                      \$145.00 2 <sup>nd</sup> child	
Session 1*	May 30st - June 8th *Tue-Fri & Mon-Thu	Session A	June 3rd - July 8th		
Session 2	June 12th - June 21st	Session B	July 15th-Aug19th		
Session 3	June 26th - July 6 <sup>th</sup> *Closed July 4th	 <b>Have your birthday party with Little Fins!</b> <b>Ask about our swim parties.</b>			
Session 4	July 10th - July 19th	<b>Private and Semi Private Lessons are available. Inquire for price and times.</b>			
Session 5	July 24 <sup>th</sup> - Aug 2nd				

Class	Session 1	Session 2	Session 3	Session 4	Session 5	Session A	Session B
<b>Starfish– 18 mo. – 3 yrs.</b> Parent-Child/ Beginning	5:00p	5:00p	Inquire	Inquire	Inquire	Inquire	Inquire
<b>Polliwog– 18 mo. – 3 yrs.</b> Parent-Child/ Adv. Beginning	Inquire	5:00p	5:00p	Inquire	Inquire	Inquire	Inquire
<b>Tadpole- 18 mo. – 3yrs</b> Parent-Child/ Advanced	Inquire	Inquire	Inquire	Inquire	Inquire	Inquire	Inquire
<b>Minnow- 3–Pre-K</b> Beginning	10:45a, 5:45p, 6:30p	11:30s, 6:30p	5:00p	10:00a	11:30a	10:15a	Inquire
<b>Goldfish– 3–Pre-K</b> Advanced Beginning	11:30a, 5:45p	10:45a, 5:45p	10:45a, 5:00p	11:30a, 5:00p	10:45a, 6:30p	11:15a	10:15a
<b>Marlin– 3–Pre-K</b> Intermediate	Inquire	5:45p	6:30p	11:30a, 5:00p	6:30p	Inquire	10:15a
<b>Shark– 3–Pre-K</b> Advanced Intermediate	Inquire	Inquire	6:30p	5:45p	Inquire	Inquire	Inquire
<b>Dolphin– 3–Pre-K</b> Advanced	Inquire	Inquire	Inquire	5:45p	Inquire	Inquire	Inquire
<b>Level 1– K &amp; up</b> Beginning	9:15a, 5:00p	5:00p	11:30a, 5:45p	6:30p	7:15p	12:15p	11:15a
<b>Level 2– K &amp; up</b> Advanced Beginning	10:00a, 6:30p	9:15a, 7:15 p	5:45p	10:45a, 5:00p	7:15p	09:15a	12:15p
<b>Level 3– K &amp; up</b> Intermediate	7:15p	10:00a, 6:30p	9:15a, 7:15p	9:15a, 5:00p, 6:30p	9:15a, 5:45p	Inquire	9:15a
<b>Level 4– K &amp; up</b> Advanced Intermediate	7:15p	7:15p	10:00a, 7:15p	9:15a, 7:15p	10:00a, 5:00p	Inquire	Inquire
<b>Level 5/6– K &amp; up</b> Advanced - Stroke Development	Inquire	7:15p	8:00p	7:15p	10:00a, 5:00p	Inquire	Inquire
<b>Adult- 18+</b>	Inquire	Inquire	8:00p	8:00p	8:00p	Inquire	Inquire

## Little Fins Evaluated Skills List

### 18 months – Pre K

*(skills listed are key skills, not a complete list)*

**Starfish:** safe entry and exit to pool w/parent, blow bubbles, reach to parent from deck, push off from bottom & side, flutter kick on deck/seated

**Polliwog:** safe entry and exit to pool w/o parent, tug boat drill front & back, kicking w/ S.P. on front and back

**Tadpole:** continuation of Polliwog program, in which students transition to swimming without parents

**Minnow:** blowing bubbles, blow air out under water, wall crawls, front glide w/ S.P., cannon ball to front float, wall bobs

**Goldfish:** front and back glide w/kick, floating w/board, front crawl arms, dolphin kick mechanics w/S.P.

**Marlin:** retrieve object from shallow, rotary breathing/walking, elementary back stroke arms, independent back float, frog kicks/back, cannon ball/board

**Shark:** retrieve object from shallow, rotary breathing w/kick, elementary back stroke, cannon ball to back float, breast stroke arms, front crawl/4 strokes

**Dolphin:** retrieve object from deep, independent elem. back stroke, breast stroke, front crawl 6 strokes, butterfly mechanics

\* S.P. Swim PALS

## Little Fins Evaluated Skills List

### Kindergarten and Up

*(skills listed are key skills, not a complete list)*

**Level 1:** blowing bubbles, hold breath under water, blow air out under water, wall bob, front glide, back float w/ S.P., front crawl arms/walking

**Level 2:** retrieve object from shallow, underwater glide, front and back float, front crawl arms & legs, elem. back stroke arms w/ S.P., frog kicks on back

**Level 3:** retrieve buoy, front crawl/6 strokes, back crawl, dolphin kicks w/ board, breast stroke arms w/glide, butterfly arms

**Level 4:** kneeling dive-retrieve object, tread water 30 sec, dolphin kick, elem. back stroke, front crawl w/ 1 breath, breast stroke under water, cannon ball to back float

**Level 5:** standing dive-retrieve object, tread water 45 sec., front crawl pool length, back crawl pool length, breast and butterfly strokes

**Level 6:** advanced stroke development – all strokes



# Swim School

## Class Schedule 2023

May 30th – August 19th

1003 Magnolia St.  
Mansfield, TX 76063

817-473-4944

[Spiralsgym.com](http://Spiralsgym.com)

*Located at, owned and operated by  
Spirals Gymnastics, Inc.*

2/23/2023

## Little Fins Special Features

### Pool P.A.L.S

*(Pool assisted learning system)*

The Little Fins Pool P.A.L.S. (created by head instructor, Aaron Samano) are the backbone of the Little Fins curriculum. They were designed based on the same principles that we use in teaching gymnastics. That students learn more quickly and efficiently when they are repeatedly put in the correct body position regardless if it is for swimming technique or for gymnastics. Our Pool P.A.L.S. are floatation devices that help the student maintain the correct body position in kicking, basic gliding and swim strokes. This gives the students the confidence and the necessary repetition while building correct swimming technique.

Our staff is well trained in the Pool P.A.L.S. method of teaching so that all students are taught on our specialized lesson plan.

## Other Features

A very small student to teacher ratio is kept to insure excellent teaching procedures and expedite learning.

Each child receives a skills check off list that shows what techniques were mastered during that session and which will still need work. This method of tracking keeps our students on a continual progression based on the levels of our curriculum.

## Class Enrollment Information

The class schedule is available in monthly and weekly formats. See the inside of this brochure along with our registration and tuition fee information. A completed registration form and full payment must be received for all class time reservations. You may register online. (We accept Visa, Mastercard and Discover.)

*A \$25.00 returned check fee will be applied to all returned checks. There is a \$10.00 fee to transfer classes after enrollment.*