

Little Fins 2024 Class Schedule

1003 Magnolia St. Mansfield, TX. 76063 817-473-4944 Spiralsgym.com

All classes are coed for boys and girls. See reverse side for class descriptions.

***Inquire – Class Schedule Changes Possible**

Two Week Sessions	Dates	*Saturday Sessions	Dates	Tuition Costs
Mon-Fri & Mon-Wed.	8 - 40 minute classes	6 consecutive Saturdays	50 minute classes	Registration Fees: \$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 st child \$155.00 1 st child \$155.00 2 nd child \$145.00 2 nd child
Session 1*	May 28 th - June 6 th *Tue-Fri & Mon-Thu	Session A	June 1st - July 6 th	
Session 2	June 10 th - June 19 th	Session B	July 13 th -Aug 17 th	
Session 3	June 24 th - July 3 rd	Have your birthday party with Little Fins! Ask about our swim parties.		
Session 4	July 8 th - July 17 th	Private and Semi Private Lessons are available. Inquire for price and times.		
Session 5	July 22 nd - July 31 st			

Class	Session 1	Session 2	Session 3	Session 4	Session 5	Session A	Session B
Starfish– 18 mo. – 3 yrs. Parent-Child/ Beginning	5:00p	5:00p	Inquire	Inquire	Inquire	Inquire	Inquire
Polliwog– 18 mo. – 3 yrs. Parent-Child/ Adv. Beginning	Inquire	5:00p	Inquire	Inquire	Inquire	Inquire	Inquire
Tadpole- 18 mo. – 3yrs Parent-Child/ Advanced	Inquire	Inquire	Inquire	Inquire	Inquire	Inquire	Inquire
Minnow- 3–Pre-K Beginning	10:45a, 5:45p, 6:30p	11:30a, 5:45p	5:00p	10:00a	11:30a	10:15a	Inquire
Goldfish– 3–Pre-K Advanced Beginning	11:30a, 5:45p	10:45a, 6:30p	10:45a, 5:00p	11:30a, 5:00p	10:45a, 6:30p	11:15a	10:15a
Marlin– 3–Pre-K Intermediate	Inquire	5:45p	6:30p	11:30a, 5:00p	6:30p	Inquire	10:15a
Shark– 3–Pre-K Advanced Intermediate	Inquire	Inquire	6:30p	5:45p	Inquire	Inquire	Inquire
Dolphin– 3–Pre-K Advanced	Inquire	Inquire	Inquire	5:45p	Inquire	Inquire	Inquire
Level 1– K & up Beginning	9:15a, 5:00p	5:00p	11:30a, 5:45p	6:30p	7:15p	12:15p	11:15a
Level 2– K & up Advanced Beginning	10:00a, 7:15p	9:15a, 7:15 p	5:45p	10:45a, 5:00p	7:15p	09:15a	12:15p
Level 3– K & up Intermediate	6:30p	10:00a, 6:30p	9:15a, 7:15p	9:15a, 5:45p, 6:30p	9:15a, 5:45p	Inquire	9:15a
Level 4– K & up Advanced Intermediate	7:15p	7:15p	10:00a, 7:15p	9:15a, 7:15p	10:00a, 5:00p	Inquire	Inquire
Level 5/6– K & up Advanced - Stroke Development	5:45p	7:15p	7:15p	7:15p	10:00a, 5:00p	Inquire	Inquire
Adult- 18+	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 2024

May 28th – August 17th

1003 Magnolia St.
Mansfield, TX 76063

817-473-4944

Spiralsgym.com

Located at, owned and operated by

Spirals Gymnastics, Inc.

2/14/2024

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.