



Who are these programs 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, feel free to contact us at **(406)259-2237** or **office@billingsgymnastics.com**



What are the details?

Class Cost: \$76 per session (8 lessons)
Class Days: Monday-Thursday 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 the structure of our program, individual makeups cannot be scheduled for missed classes.



May				
	M	T	W	Th
	5	6	7	8
S1	12	13	14	15
	19	20	21	22
	26	27	28	29

June				
	M	T	W	Th
S2	2	3	4	5
	9	10	11	12
S3	16	17	18	19
	23	24	25	26

July				
	M	T	W	Th
S4	30	1	2	3
	7	8	9	10
S5	14	15	16	17
	21	22	23	24

August				
	M	T	W	Th
S6	28	29	30	31
	4	5	6	7
S7	11	12	13	14
	18	19	20	21

Class Descriptions

Swim Buddies

Ages 18 months - 2 years
 For our youngest swimmers, this is an adult participation class that focuses on helping toddlers become comfortable in the water through the use of songs and games.

Goldfish

Ages 3 - 4 years
 For children with little or no swimming experience or who cannot dunk whole head under water. They will learn & develop beginning swimming skills, which includes floating and front and back kicking with support.

Sunfish

Ages 3 - 4 years
 For kids who happily dunk their heads underwater when prompted. They will work on learning to float independently, as well as front, back and dolphin kicks with kickboard. Beginning front and backstroke skills will also be introduced.

Seahorse

Ages 3 - 4 years
Must have previous lessons or director permission.
 For students who can use a kickboard alone and float unassisted. They will focus on front crawl & backstroke in deeper water..

Jellyfish

Ages: 5 - 10 years
 For children who cannot yet float independently and/or who cannot yet do their front, back and dolphin kicks across the pool independently with a kickboard. They will develop these skills, as well as introductions to their front and backstroke.

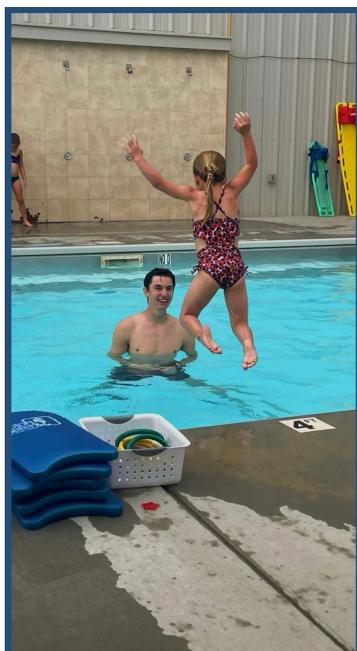
Starfish

Ages: 5 - 10 years
 For kids comfortable in deep water. They must be able to float independently. They also must be able to do their front, back and dolphin kicks with kickboard unassisted. Swimmers will learn front crawl, rhythmic breathing, and backstroke.

Dolphin

Ages: 5 - 10 years
 For children who are able to do their front crawl and backstroke independently across the pool. They will perfect those strokes, as well as begin learning butterfly and breaststroke.

Schedule



Seahorse	
Please contact the office to schedule	
Session 1 (May 12-22)	
Evenings Only	
Swim Buddies	5:30
Goldfish	5:45, 6:15, 6:30
Sunfish	6:00, 6:45
Jellyfish	5:30, 6:15, 6:30
Starfish	5:45, 6:00
Dolphin	6:45

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

Session 3 (June 16-26)			
	Mornings	Afternoons	Evening
Swim Buddies	8:30, 9:45, 10:30	12:45	5:30, 6:15
Goldfish	8:45, 9:00, 9:15, 9:30, 10:15, 10:45, 11:00, 11:15, 11:30	1:00, 1:15, 1:30, 1:45, 2:00, 2:15, 2:30, 2:45, 3:00	5:45, 6:00, 6:30, 6:45, 7:00, 7:15, 7:30
Sunfish	8:30, 8:45, 9:15, 9:45, 10:30, 10:45, 11:15	12:45, 1:00, 1:30, 2:00, 2:15, 2:30, 3:00	5:15, 5:30, 5:45, 6:15, 6:30, 7:00, 7:30
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, 1:00, 1:15, 1:30, 1:45, 2:00, 2:15, 2:30, 2:45, 3:00	5:15, 5:30, 5:45, 6:00, 6:15, 6:30, 6:45, 7:00, 7:15, 7:30
Starfish	8:30, 8:45, 9:00, 9:15, 9:30, 9:45, 10:15, 10:30, 10:45, 11:00, 11:15, 11:30	1:00, 1:15, 1:30, 1:45, 2:00, 2:30, 2:45, 3:00	5:15, 5:30, 5:45, 6:00, 6:15, 6:30, 6:45, 7:00, 7:15, 7:30
Dolphin	9:00, 9:30, 10:15, 11:00, 11:30	1:15, 1:45, 2:15, 2:45	5:15, 6:00, 6:45, 7:15

Session 4 (June 30- July 10)			
	Mornings	Afternoons	Evening
Swim Buddies	9:00, 10:15	12:45	5:30, 6:00
Goldfish	8:30, 8:45, 9:15, 9:30, 9:45, 10:30, 10:45, 11:00, 11:15, 11:30	1:00, 1:15, 1:30, 1:45, 2:30, 3:00	5:15, 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, 10:30, 10:45, 11:15	12:45, 1:30, 2:00, 2:15, 2:30, 2:45	5:30, 5:45, 6:15, 6:45, 7:00, 7:30
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, 1:00, 1:15, 1:30, 1:45, 2:00, 2:15, 2:45	5:15, 5:30, 5:45, 6:00, 6:15, 6:30, 6:45, 7:00, 7:15, 7:30
Starfish	8:45, 9:00, 9:15, 9:45, 10:15, 10:30, 10:45, 11:00, 11:15, 11:30	1:00, 1:15, 1:45, 2:00, 2:15, 2:45	5:15, 5:30, 5:45, 6:00, 6:15, 6:30, 6:45, 7:15, 7:30
Dolphin	8:30, 9:30, 11:00, 11:30	1:30, 2:30, 3:00	5:15, 6:30, 7:00

Session 5 (July 14-24)			
	Mornings	Afternoons	Evening
Swim Buddies	9:00, 9:45, 10:15	12:45	5:30, 6:00
Goldfish	8:45, 9:15, 9:30, 9:45, 10:30, 10:45, 11:15	1:00, 1:15, 1:45, 2:15, 3:00	5:45, 6:15, 6:30, 6:45, 7:15
Sunfish	8:30, 8:45, 9:00, 9:15, 9:30, 10:15, 10:30, 10:45, 11:15, 11:30	12:45, 1:30, 2:00, 2:30, 2:45	5:30, 5:45, 6:00, 6:15, 6:30, 6:45, 7:15, 7:30
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	1:00, 1:15, 1:30, 2:00, 2:15, 2:30, 2:45, 3:00	5:15, 5:30, 5:45, 6:00, 6:45, 7:00, 7:15, 7:30
Starfish	8:45, 9:00, 9:15, 9:45, 10:15, 10:30, 10:45, 11:00, 11:15, 11:30	12:45, 1:00, 1:30, 1:45, 2:00, 2:15, 2:45	5:15, 5:30, 5:45, 6:00, 6:15, 6:30, 6:45, 7:00, 7:15, 7:30
Dolphin	8:30, 9:30, 11:00, 11:30	1:15, 1:45, 2:30, 3:00	5:15, 6:30, 7:00, 7:30

Session 6 (July 28-Aug 7)			
	Mornings	Afternoons	Evening
Swim Buddies	9:00, 9:45	12:45	5:30, 6:00
Goldfish	8:30, 8:45, 9:15, 9:30, 9:45, 10:30, 10:45, 11:00, 11:15	1:00, 1:30, 2:15, 3:00	5:45, 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, 11:15	1:15, 2:00, 2:30, 2:45	5:30, 5:45, 6:00, 6:15, 6:45, 7:15, 7:30
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, 1:00, 1:15, 1:30, 1:45, 2:00, 2:15, 2:30, 2:45, 3:00	5:15, 5:30, 5:45, 6:00, 6:15, 6:30, 6:45, 7:00, 7:15, 7:30
Starfish	8:45, 9:00, 9:15, 9:45, 10:15, 10:45, 11:00, 11:15, 11:30	1:00, 1:15, 1:45, 2:00, 2:15, 2:45	5:15, 5:30, 5:45, 6:15, 6:30, 6:45, 7:00, 7:15, 7:30
Dolphin	8:30, 9:30, 10:15, 11:00	1:30, 1:45, 2:30, 3:00	5:15, 6:30, 7:00, 7:30

Session 7 (Aug 11-21)			
	Mornings	Afternoons	Evening
Swim Buddies	8:30, 9:45, 10:15	12:45	5:30, 6:15
Goldfish	8:30, 9:00, 9:15, 9:30, 10:15, 10:45, 11:00, 11:30	1:00, 1:45, 2:00, 2:30, 2:45, 3:00	5:15, 5:45, 6:00, 6:30, 6:45, 7:00, 7:15, 7:30
Sunfish	8:30, 8:45, 9:00, 9:15, 9:30, 9:45, 10:30, 11:00, 11:15	12:45, 1:15, 1:30, 2:15	5:30, 5:45, 6:00, 6:15, 6:30, 6:45, 7:00, 7:15, 7:30
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, 1:00, 1:15, 1:30, 1:45, 2:00, 2:15, 2:30, 2:45, 3:00	5:15, 5:30, 5:45, 6:00, 6:15, 6:30, 6:45, 7:00, 7:30
Starfish	8:45, 9:15, 9:45, 10:15, 10:30, 10:45, 11:00, 11:15, 11:30	1:00, 1:30, 1:45, 2:15, 2:30, 3:00	5:30, 5:45, 6:15, 6:30, 7:00, 7:30
Dolphin	9:00, 9:30, 10:45, 11:30	1:15, 2:00, 2:45	5:15, 6:00, 6:45, 7:15