



Group Swim Schedule

CPT Jennifer J. Shafer Odom Fitness Center

Indoor Pool

1507 Porter Street, Fort Detrick, MD 21702
301.619.2498

Sunday	Mon	Tuesday	Wed	Thursday	Friday	Saturday
<p>Triathlete Swim Training 1000-1045 (Sessions in January - March 2013)</p> <p>Sunday Group Swim Lessons for Children (ages 5 +) Level 1: 1100-1140 Level 2: 1200-1240 Level 3: 1400-1440 (Sessions from January - March 2013)</p>		<p>Early Soldier & Adult Swim Lessons 0630-0710 (15 January - 21 May 2013)</p> <p>Water Aerobics 1700-1745 (22 January - 28 March 2013)</p>		<p>Early Soldier & Adult Swim Lessons 0630-0710 (15 January - 21 May 2013)</p> <p>Water Aerobics 1700-1745 (22 January - 28 March 2013)</p>	<p>Youth Pool Game Night (ages 8-15) 1700-1745 (11 January - 24 May 2013)</p>	<p>Water Aerobics 0910-0955 (12 January - 18 May 2013)</p> <p>Triathlete Swim Training 1000-1045 (Sessions in January - March 2013)</p> <p>Soldier & Adult Swim Lessons Between 1400 & 1500 (Sessions in January, March, & April 2013)</p>

Water Aerobics & Youth pool Game Night - \$2 per class • Sunday Group Swim Lessons - \$45 for 4 lessons
 Triathlete Swim Training - \$5 per class • Soldier & Adult Swim Lessons - \$45 per session • Early Soldier & Adult Swim Lessons - \$65 per session. Free lessons for Active duty Service Members. See separate flyers for specific dates or call 301.619.2498. Schedule is subject to change without notice. **No classes will be held on Federal Holidays.**

Revised 17 January 2013



SOLDIER & ADULT SWIM LESSONS 2013

Unit organized PT offered **FREE** of charge
Active Duty Soldiers = FREE Lessons



SWIM LESSONS \$45.00 per session

Minimum of 3 Participants - No Maximum

Classes held Saturdays between 1400 & 1500

SESSION 2	SESSION 3	SESSION 4
05 January	02 March	06 April
12 January	09 March	13 April
19 January	16 March	20 April
26 January	23 March	27 April

ASK ABOUT PRIVATE LESSONS

Four 30 minute lessons @ \$65.00

Offered on Saturdays or by special appointment

EARLY MORNING SWIM LESSONS \$65.00 per session

Minimum of 2 Participants - Maximum of 10

Classes held Tuesday & Thursday between 0630 - 0710

SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5
15 January	12 February	12 March	09 April	02 May
17 January	14 February	14 March	11 April	07 May
22 January	19 February	19 March	16 April	09 May
24 January	21 February	21 March	18 April	14 May
29 January	26 February	26 March	23 April	16 May
31 January	28 February	28 March	25 April	21 May

**IT'S NEVER TOO LATE
 TO LEARN
 HOW TO SWIM**

**Fort Detrick Indoor Pool
 1507 Porter Street**



For more information, call **301-619-2498**

www.detrick.army.mil/mwr

IMCP LOE 2: Soldier, Family and Civilian Well-being

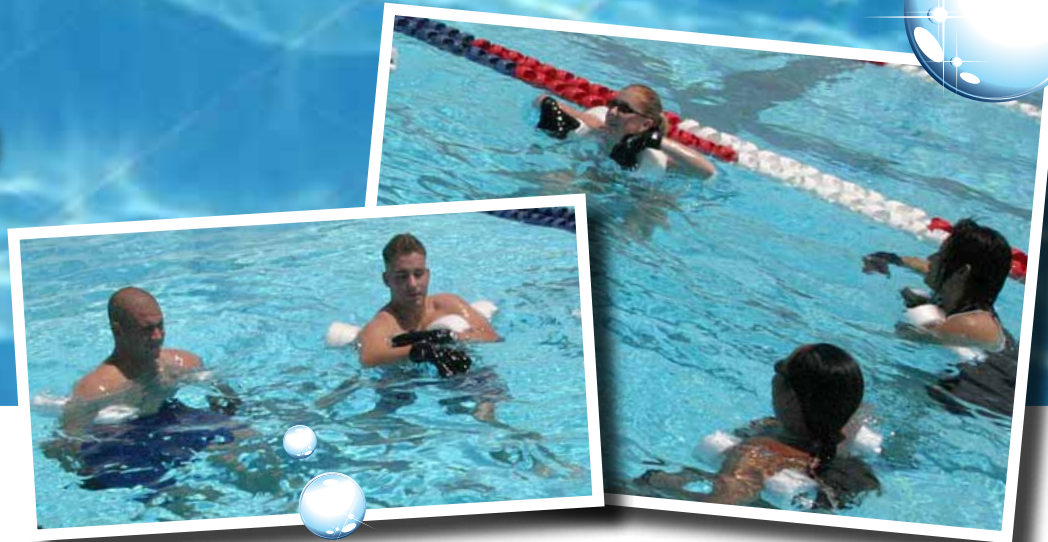


"If you catch my staff doing something nice let me know through ICE" - Director Family and MWR

Water Aerobics

**INDOOR POOL
BUILDING 1507**

PORTER STREET • FORT DETRICK



**STARTING
22 JANUARY 2013**
Tuesday and Thursday

1700 - 1745

Ends 28 March 2013

\$2.00 per class

**STARTING
12 JANUARY 2013**

Saturday

0910 - 0955

Ends 18 May 2013



For more information, call **301-619-2498.**

www.detrick.army.mil/mwr

IMCP LOE 2: Soldier, Family and Civilian Well-being



TRIATHLETE SWIM TRAINING SESSIONS

Triathlete season is approaching rapidly and the Fort Detrick Fitness Center is offering swim training sessions at the Indoor Pool, Building 1507.

The swim portion of a triathlon is the most physical and mentally demanding, especially if the swim takes place in an open body of water. Waves, undercurrents, and the limbs of fellow competitors can make even a modest distance challenging. Efficient swimming techniques can reduce your exertion in the water, leaving you with plenty of energy to tackle the bike and run portions.

This will be a great opportunity to meet other triathletes and swap notes while training together. We will conduct swim drills and offer advice so you can tackle the swim portion of any triathlon with confidence.



SATURDAY & SUNDAY: 1000-1045		
SESSION 1	SESSION 2	SESSION 3
12 January	2 February	2 March
13 January	3 February	3 March
19 January	9 February	9 March
20 January	10 February	10 March
26 January	16 February	16 March
27 January	17 February	17 March

\$5.00 per class
Registration not required



For more information, call **301-619-2498.**

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SUNDAY GROUP

SWIM LESSONS

For children ages 5 and above

4 Lessons for \$45.00

Requires participation of a minimum of 2 and maximum of 6 children per class
Register at the Odom Fitness Center, Building 1507

2013	SESSION 1	SESSION 2	SESSION 3
	6 January	3 February	3 March
	13 January	10 February	10 March
	20 January	17 February	17 March
	27 January	24 February	24 March

Level 1: 1100 - 1140

Level 2: 1200 - 1240

Level 3: 1400 - 1440

iNDOOR POOL
BLDG. 1507

For more information, call
301-619-2498.

www.detrick.army.mil/mwr



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YOUTH POOL GAME NIGHT



**STARTING
11 JANUARY -
24 MAY 2013**

Fridays, 1700-1745
Indoor Pool, Building 1507

Open to ages 8-15. This new youth pool game program will get the kids out of the house for the night to enjoy a scheduled activity that will keep them active, socialized, and entertained. We encourage them to try something new or improve on something they love. A good fit for your schedule and budget while keeping them healthy!

\$2.00 per class



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