

SWIMFAST 2024

The SwimFast technique was developed by Jamie Rudisill, retired Head Coach and Aquatics Director at West Chester University. It is the result of over 50 years in the business, and is a unique approach to getting over 85% of 2-5 year-old beginners to surface and swim, unaided, across the pool in just two weeks, then building on those skills to seamlessly incorporate freestyle and rhythmic breathing. Instructors will lovingly and aggressively work to build confidence by helping the non-swimmer confront fear head-on. One major goal is for the nonswimmer to eventually be comfortable around and then to enjoy the water. But safety and self-rescue is the first priority. We will maintain an ideal 5/1 teaching ratio, and classes will run 45 minutes at a minimum. No floatation devices will be used.

Lessons are **Monday thru Friday, for 45 MINUTES, AND RUN FOR TWO WEEKS.**
(Cost: \$350 per child for the two weeks)

SwimFast RADNOR (Cabrini University Pool)

Registration launch Mon, March 18th at NOON

Session 1: May 13-24	starting times: 4,5,6,7PM
Session 2: May 27-June 7	starting times: 4,5,6,7PM (Yes, we teach on Memorial Day)
Session 3: June 10-21	starting times: 4,5,6,7PM
Session 4: June 24-July 5	starting times: 4,5,6,7PM (Yes, we teach on July 4 th)
Session 5: July 8-July 19	starting times: 4,5,6,7PM
Session 6: July 22-Aug 2	starting times: 4,5,6,7PM

Contact: *Cindy Ikeler* at cindyswimfast@gmail.com

SwimFast EXTON (Immaculata University Pool) *New Program*

Registration launch Thursday, March 14th at NOON

Session 1: May 6-17	starting times: 4:30,5:30,6:30PM
Session 2: May 20-31	starting times: 4:30,5:30,6:30PM
Session 3: June 3-14	starting times: 4:30,5:30,6:30PM (Yes, we teach on Memorial Day)
Session 4: June 17-28	starting times: 4:30,5:30,6:30PM

Contact: *Jamie Rudisill* at jamierudisill02@gmail.com

WESTTOWN SCHOOL Swim Lessons (a SwimFast Affiliate) *New Program*

Registration launch Wednesday, March 6th at NOON

Session 1: April 29-May 10	starting times: 5,6PM 2-5 yr old beginners only
Session 2: May 13-24	starting times: 5,6PM (all skill levels)
Session 3: June 3-14	starting times: 4,5,6PM (all skill levels)
Session 4: June 17-28	starting times: 3,5,6PM (all skill levels)
Session 5: July 8-19	starting times: 3,5,6PM (all skill levels)

Contact: *JJ Rudisill*: jj.rudisill@westtown.edu