

SWIMFAST 2025

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 95% 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 as they advance in skill levels and age. Instructors will lovingly and aggressively work to build confidence by helping the non-swimmer confront fear head-on. Safety and self-rescue are the first priorities. 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: \$385 per child for the two weeks)

SwimFast BRYN MAWR (BMC Pool)—previously held at Cabrini Registration launch Mon, March 17th at NOON

Session 1: May 12-23	starting times: 415,515,615
Session 2: May 26-June 6	starting times: 415,515,615(Yes, we teach on Mem.Day)
Session 3: June 9-20	starting times: 415,515,615
Session 4: June 23-July 4	starting times: 415,515,615(Yes, we teach on July 4 th)
Session 5: July 7- 18	starting times: 415,515,615
Session 6: July 21-Aug 1	starting times: 415,515,615

Contact: Coach Cindy Ikeler at cindyswimfast@gmail.com

SwimFast EXTON (Immaculata University Pool) *New Program* Registration launch Thursday, March 13th at NOON

Session 1: May 5-16	starting times: 4:30,5:30,6:30PM
Session 2: May 19-30	starting times: 4:30,5:30,6:30PM(class on 9/26)
Session 3: June 2-13	starting times: 4:30,5:30,6:30PM
Session 4: June 16-27	starting times: 4:30,5:30,6:30PM
Session 5: June 30-July 11	starting times: 4:30,5:30,6:30PM(class on 7/4)
Session 6: July 14-25	starting times: 4:30,5:30,6:30PM

Contact: Jamie Rudisill at jamierudisill02@gmail.com

WESTTOWN SCHOOL Swim Lessons (a SwimFast Affiliate, \$375) Registration launch Wednesday, March 5th at NOON

Session 1: April 28-May 9	starting times: 5,6PM
Session 2: May 12-23	starting times: 5,6PM
Session 3: June 2-13	starting times: 4,5,6PM
Session 4: June 16-27	starting times: 3,5,6PM
Session 5: July 7-18	starting times: 3,5,6PM

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