

# SwimFast 2026

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. No floatation devices will be used. See skill levels to place 6 yr-olds and older.

**Two Week Sessions | Monday - Friday | 45 MINUTES**  
**(Cost: \$405 per child)**

**SwimFast Main Line (previously at Bryn Mawr)**

**Site TBA before Registration launch: Wednesday, March 18th at NOON**

<b>Session 1:</b> May 11-22	start times: 4:15, 5:15, 6:15
<b>Session 2:</b> May 25-June 5	start times: 4:15, 5:15, 6:15 (Yes, we teach on Memorial Day)
<b>Session 3:</b> June 8-19	start times: 4:15, 5:15, 6:15
<b>Session 4:</b> June 22-July 3	start times: 4:15, 5:15, 6:15
<b>Session 5:</b> July 6-17	start times: 4:15, 5:15, 6:15
<b>Session 6:</b> July 20-31	start times: 4:15, 5:15, 6:15

**Contact: Coach Cindy Ikeler (cindyswimfast@gmail.com)**

**SwimFast EXTON (Immaculata University Pool)**

**Registration launch: Wednesday, March 11th at NOON**

<b>Session 1:</b> April 20-May	start times: 4:30, 5:30, 6:30
<b>Session 2:</b> May 4-15	start times: 4:30, 5:30, 6:30
<b>Session 3:</b> May 18-29	start times: 4:30, 5:30, 6:30
<b>Session 4:</b> June 1-12	start times: 4:30, 5:30, 6:30
<b>Session 5:</b> June 15-26	start times: 4:30, 5:30, 6:30
<b>Session 6:</b> June 29-July 10	start times: 4:30, 5:30, 6:30
<b>Session 7:</b> July 13-24	start times: 4:30, 5:30, 6:30

**Contact: Jamie Rudisill (jamierudisill02@gmail.com)**

**Westtown Aquatics Swim Lessons (a SwimFast affiliate)**

**Registration launch: Monday, Feb 16th at Noon**

**[WEBSITE](#)**

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