

# Learn to Swim

Learning to swim is easy and fun with our certified instructors. Our low instructor-to-student ratio gives your child the hands-on instruction they need to feel comfortable in the water. Advanced registration is required. Private Lessons are also available.

**Tot & ½:** For toddlers between the ages of 18 months and 3 years of age. This class will focus on water adjustment, water play and detachment from the parent. 1:3 ratio.

**Level 1:** For children who cannot yet swim or float independently and are not comfortable with complete submersion in the water. Skills taught will be floating, submerging face and kicking. 1:4 ratio. Children must be 4 years of age by July 1, 2009.

**Level 2:** For children who are comfortable in the water and can float independently. Skills taught will be the front and back crawl, along with treading water. 1:4 ratio.

**Level 3:** For children who can swim front and back crawl, rotary breathing will be the focus in this level, along with diving. Children must be able to swim 15 yards with rotary breathing to pass to level 4. 1:6 ratio.

**Level 4:** For children who know how to rotary breath and can swim 15 yards of both front and back crawl. Breaststroke and sidestroke will be taught in this level. Children must be able to swim 25 yards of both front and back crawl to pass to Level 5. 1:6 ratio.

**Level 5 & 6:** These levels will be taught as a combined class. Both levels focus on endurance and stroke technique of freestyle, backstroke, breaststroke, sidestroke and butterfly. Diving and flip turns will also be taught along with basic water safety. 1:6 ratio.

**Mackerals Swim Team:** Coaches will provide analysis and development of all four strokes; butterfly, backstroke, breaststroke, freestyle; including drills and workouts. The team prepares youth for swimming in a competitive setting while still providing individual instruction. Participants must be between the ages of 6 and 18, and be able to swim 25 yards of the pool independently.

**Weekly Swim Lesson Class:** Classes will be Mon-Thurs, Friday will be a makeup day for inclement weather.

## Swim Class Schedule

Day	Session	Times	Level	Pool	Member	Guest
WED	Session 1: 4/1/09 - 4/22/09	6:30-7:15pm	1-6	Indoor	\$32	\$48
WED	Session 2: 4/29/09 - 5/20/09	6:30-7:15pm	1-6	Indoor	\$32	\$48
WED	Session 3: 5/27/09 - 6/17/09	6:30-7:15pm	1-6	Indoor	\$32	\$48
MON-THUR	Session 1: 6/8/09 - 8/27/09	9:15-9:55pm	Tot ½ - 6	Outdoor Pools	\$32	\$48
MON-THUR	Session 2: 6/8/09 - 8/27/09	10:00-10:45pm	Tot ½ - 6	Outdoor Pools	\$32	\$48
MON-THUR	Session 3: 6/8/09 - 8/27/09	4:30-4:45pm	1-6	Outdoor Pools	\$32	\$48
MON-THUR	Session 4: 6/8/09 - 8/27/09	4:50-5:35am	Tot ½ - 6	Outdoor Pools	\$32	\$48
SAT	Session 1: 4/4/09 - 4/25/09	9:15-9:45am	Tot ½ - 6	Indoor	\$32	\$48
SAT	Session 2: 5/2/09 - 5/30/09 No Class on 23rd	9:15-9:45am	Tot ½ - 6	Indoor	\$32	\$48
SAT	Session 3: 6/6/09 - 6/27/09	9:15-9:55am	Tot ½ - 6	Outdoor Pools	\$32	\$48
SAT	Session 4: 7/11/09 - 8/01/09	9:15-9:55am	Tot ½ - 6	Outdoor Pools	\$32	\$48
SAT	Session 5: 8/08/09 - 8/29/09	9:15-9:55am	Tot ½ - 6	Outdoor Pools	\$32	\$48
SAT	Session 1: 4/4/09 - 4/25/09	10:00-10:45am	Tot ½ - 6	Air Structure	\$32	\$48
SAT	Session 2: 5/2/09 - 5/30/09 No Class on 23rd	10:00-10:45am	Tot ½ - 6	Indoor	\$32	\$48
SAT	Session 3: 6/6/09 - 6/27/09	10:00-10:45am	Tot ½ - 6	Outdoor Pools	\$32	\$48
SAT	Session 4: 7/11/09 - 8/01/09	10:00-10:45am	Tot ½ - 6	Outdoor Pools	\$32	\$48
SAT	Session 5: 8/08/09 - 8/29/09	10:00-10:45am	Tot ½ - 6	Outdoor Pools	\$32	\$48

## Swim Team Schedule

Day	Session	Dates	Age	Times	Member	Guest
MON-THUR	Session 1	3/30/09 - 6/04/09	Ages 13-18	3:30-5:30pm	\$290	\$400
MON-THUR	Session 1	3/30/09 - 6/04/09	Ages 9-12	4:00-5:30pm	\$200	\$340
MON-THUR	Session 1	3/30/09 - 6/04/09	Ages 8 and under	4:30-5:30pm	\$125	\$235
MON-THUR	Session 2	6/8/09 - 8/10/09	Ages 13-18	8:00-10:00am	\$290	\$400
MON-THUR	Session 2	6/8/09 - 8/10/09	Ages 9-12	8:30-10:00am	\$200	\$340
MON-THUR	Session 2	6/8/09 - 8/10/09	Ages 8 and under	9:00-10:00am	\$125	\$235