

Learn to Swim

The MAC's Learn to Swim program is based off the American Red Cross guidelines. We offer some of the lowest student to instructor ratios in the Mid-Michigan area. At the end of the last week of class, students will receive a report card that will show their progress and which level we recommend for them to enter next. We also offer private and semi private lessons for those with busy schedules. Please contact the Concierge or Ryan Zoumbaris 517.364.8854 or by email at rzoumbaris@themac.org for more information.

Parent Tot: This is the class for parents and toddlers from the age of 3 months to 3 years of age. This class focuses on water adjustment for parents and toddlers, interactive play between parents and children, water safety and gross motor development. 1:5 ratio

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

Preschool: For children who are between the ages of 3 and 5. Skills taught will include floating, submerging of face, kicking and beginner stroke. 1:4 ration

Level 1: For children who cannot yet swim or float independently and are not comfortable with complete submersion in the water. Skills taught include floating, submerging face and kicking; Children must be 5 years of age by September 1, 2009. 1:4 Ratio

Level 2: For children who are comfortable in the water and can float independently. Skills taught

include the front and back crawl and treading water. 1:4 ratio

Level 3: For children who can swim front and back crawl, rotary breathing is a focus in this level. Children must be able to swim 15 yards with rotary breathing to pass to level 4. Upon completion of this level a child may choose to move onto level 4 or join the Mackerel Comets Swim Club. 1:6 ratio

Level 4: For children who know how to do rotary breathing and can swim 15 yards on both front and back crawl. Breaststroke and sidestroke are introduced in this level. Children must be able to swim 25 yards on both front and back crawl to pass to level 5. 1:6 Ratio

Level 5/6: These levels are taught as a combined class. Both levels focus on endurance and stroke development and fitness. Upon completion of these levels the child has the abilities to join the Mackerel Stars Swim Team or the Mackerel Comets Swim Club. 1:6 Ratio

Adult: This class is for those adults that want

to work either on their stroke development or would rather work with other adults on their swimming ability. 1:6 ratio

Mackerel Comets Swim Club: The coaches will provide analysis and development of all four strokes, butterfly, backstroke, breaststroke, freestyle including drills, and workouts. It will prepare youth for swimming in a competitive setting while still providing individual instruction. Try outs will be on the first day of practice. Participants must be between the age of 5 and 17 and be able to swim 15 yards of the pool independently. Advanced Registration is required.

Mackerel Starts Swim Team: The coaches will provide analysis and development of all four strokes. This team will prepare you for swimming in a competitive setting while providing individual instruction. Participants must be between the ages of 6 and 17 and be able to swim 50 yards of all four competitive strokes. Advanced registration is required and swim meets are optional and are TBA.

Swim Class Schedule

Day	Session	POS #	Dates	Times	Pool	Level	Member	Guest
MON	Session 1	POS #65702	9/14/09-10/05/09	6:30pm – 7:10pm	Indoor Pool	Level 1-6	\$32	\$48
WED	Session 1	POS #65702	9/16/09-10/07/09	6:30pm – 7:10pm	Indoor Pool	Level 1-Adult	\$32	\$48
SAT	Session 1	POS #65702	9/19/09-10/10/09	8:30am – 9:10am	Indoor Pool	Level 3-6	\$32	\$48
SAT	Session 1	POS #65702	9/19/09-10/10/09	9:15am – 9:55am	Indoor Pool	Level Parent-4	\$32	\$48
SAT	Session 1	POS #65702	9/19/09-10/10/09	10:00am – 10:40am	Indoor Pool	Level Parent – Adult	\$32	\$48

The dome will be going up on September 24th and the Air Structure pools will reopen on October 19th

MON	Session 2	POS #65702	10/19/09-11/09/09	6:30pm – 7:10pm	AS Pool	Level 1-6	\$32	\$48
WED	Session 2	POS #65702	10/21/09-11/11/09	6:30pm – 7:10pm	AS Pool	Level 1-Adult	\$32	\$48
SAT	Session 2	POS #65702	10/24/09-11/14/09	8:30am – 9:10am	Indoor Pool	Level 3-6	\$32	\$48
SAT	Session 2	POS #65702	10/24/09-11/14/09	9:15am – 9:55am	Indoor Pool	Level Parent-4	\$32	\$48
SAT	Session 2	POS #65702	10/24/09-11/14/09	10:00am – 10:40am	Indoor Pool	Level parent – Adult	\$32	\$48

No learn to Swim Lessons the week of 11/23/09

MON	Session 3	POS #65702	11/16/09-12/14/09	6:30pm – 7:10pm	Indoor Pool	Level 1-6	\$32	\$48
WED	Session 3	POS #65702	11/18/09-12/16/09	6:30pm – 7:10pm	Indoor Pool	Level 1-Adult	\$32	\$48
SAT	Session 3	POS #65702	11/21/09-12/19/09	8:30am – 9:10am	Indoor Pool	Level 3-6	\$32	\$48
SAT	Session 3	POS #65702	11/21/09-12/19/09	9:15am – 9:55am	Indoor Pool	Level Parent-4	\$32	\$48
SAT	Session 3	POS #65702	11/21/09-12/19/09	10:00am – 10:40am	Indoor Pool	Level parent – Adult	\$32	\$48

MWF	Comets	POS# 65704	10/19/09-12/18/09	5:30pm – 7:00pm	Indoor Pool	Ages 9-17	\$230	\$276
TTH	Comets	POS# 65704	10/19/09-12/18/09	6:30pm – 7:30pm	Indoor Pool	Ages 8 and under	\$110	\$132
M-F	Stars	POS# 65704	10/19/09-12/18/09	3:30pm – 5:30pm	Indoor Pool	Ages 6-17	\$300	\$360