

# Youth Swim Lessons



**THE MAC**

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## 2012 MAC Winter/Spring Swim Sessions

**WTR Session 1:** January 2-February 4 (5 weeks)  
**WTR Session 2:** February 6-March 10 (5 weeks)  
**SPR Session 1:** March 12-April 28 (6 weeks, no classes April 2-7)  
**SPR Session 2:** April 30-Jun 9 (6 wks Skip 5/28) \*Details Spring Bro-

### Parent/Child Combination (Ages 5 mo-4 yrs)

This is the ONLY class that parents can and must be in the water with their child. Safety techniques and skills include kicking, bubble blowing and assisted jumps from the side of the pool. This blend of in-water skills and songs is designed to make swimming pleasurable for both parent and child. 25 minute class. Limit: 12.

TIME	DAY	JAN 2-FEB 4	FEB 6-MAR 10	MAR 12-APR 28
9:35am	Sa	#542710B \$58	#542720B \$58	#512730B \$69

### Tiny Tot 1 (Ages 3-6 years)

For kids who have never taken swim lessons. Child feels anxious, fearful or scared of the water; and does not enjoy or know how to put his/her face in the water. They will overcome their fear and attempt independent skills. 25 minute class. Limit: 4.

TIME	DAY	JAN 2-FEB 4	FEB 6-MAR 10	MAR 12-APR 28
10:30am	Tu	#542711A \$58	#542721A \$58	#512731A \$69
6:00pm	W	#542711B \$58	#542721B \$58	#512731B \$69
10:30am	Sa	#542711C \$58	#542721C \$58	#512731C \$69

### Tiny Tot 2 (Ages 3-6 years)

Child who has passed Tiny Tot 1, who enjoys the water and will jump into the pool without assistance. The child will learn to independently swim the width of the pool using reach and pull arms with eyes in the water. 25 minute class. Limit: 5.

TIME	DAY	JAN 2-FEB 4	FEB 6-MAR 10	MAR 12-APR 28
10:00am	Tu	#542712A \$58	#542722A \$58	#512732A \$69
11:00am	Tu	#542712B \$58	#542722B \$58	#512732B \$69
6:30pm	W	#542712C \$58	#542722C \$58	#512732C \$69
10:00am	Sa	#542712D \$58	#542722D \$58	#512732D \$69
12:15pm	Sa	#542712E \$58	#542722E \$58	#512732E \$69

### Tiny Tot 3 (Ages 3-6 years)

Child will build the endurance needed to swim the length of the pool on both his/her front and back without fins. Child will learn to take a breath rolling from back to front. 25 minute class. Limit: 5.

TIME	DAY	JAN 2-FEB 4	FEB 6-MAR 10	MAR 12-APR 28
5:30pm	W	#542713A \$58	#542723A \$58	#512733A \$69
11:00am	Sa	#542713B \$58	#542723B \$58	#512733B \$69



**PRIVATE LESSONS** are also available for children & adults!

### Level I: Learn To Swim (Ages 6-15 years)

A comfortable and safe introduction to the learn-to-swim experience. Learn to swim several yards unassisted, safety skills like floating and returning to the side. 30 minute class. Limit 6.

TIME	DAY	JAN 2-FEB 4	FEB 6-MAR 10	MAR 12-APR 28
6:45pm	M	#542714A \$66	#542724A \$66	#512734A \$81

### Level II: Aquatic Skills (Ages 6-15 years)

Teaches students success with fundamental aquatic skills. Learn to swim the pool's length on front/back plus essential skills like floating and treading water. 30 minute class. Limit 6.

TIME	DAY	JAN 2-FEB 4	FEB 6-MAR 10	MAR 12-APR 28
4:45pm	M	#542717A \$66	#542727A \$66	#512737A \$81

### Level III: Stroke Development (Ages 6-15 years)

Work on stroke refinement skills for freestyle and backstroke. Begin work on breaststroke and dolphin kick plus safety lessons including survival floating. 45 minute class. Limit 6.

TIME	DAY	JAN 2-FEB 4	FEB 6-MAR 10	MAR 12-APR 28
5:15pm	M	#542715A \$85	#542725A \$85	#512735A \$99
11:30am	Sa	#542715B \$85	#542725B \$85	#512735B \$99

### Breaststroke/Butterfly Combination (Ages 7-15 years)

The instructor will break down the fundamentals and will teach swimmers how to combine the arm and leg work to achieve stroke mastery. Freestyle and backstroke work may be included. 45 minute class. Limit 6.

TIME	DAY	JAN 2-FEB 4	FEB 6-MAR 10	MAR 12-APR 28
6:00pm	M	#542716A \$85	#542726A \$85	#512736A \$99

### Intermediate Adult Swim (Ages 16 & Older)

Stroke refinement class for adult swimmers looking to make their strokes more efficient. Class is perfect for triathlon training, fitness swimming, or for the adult looking to gain more knowledge of the sport. 45 minute class. Limit 6.

TIME	DAY	JAN 2-FEB 4	FEB 6-MAR 10	MAR 12-APR 28
7:00pm	W	#542718A \$85	#542728A \$85	#512738A \$99