

## CHILDREN'S CLASSES

### Flexible Format – Available All Year

Drop-In lessons offer a flexible scheduling, "pay-as-you-go" format, & are offered throughout the year.

Lessons purchased remain on your account until you use them!

Drop-In lessons are available on a "first come, first served" basis; class sizes are limited to ensure quality instruction.

**Registration & check-in starts 15 minutes prior to class times.**

### LESSON PACKAGES – Buy more & SAVE!

2 lessons / \$20.00

4 lessons / \$38.00

8 lessons / \$74.00

12 lessons / \$108.00

24 lessons / \$204.00\*

*\*best price! \$8.50 per lesson!*

### Monday & Wednesday Evenings @6:15 & 6:45 pm:

ALL Levels 1 – 6 offered at each lesson time

### Saturday AM Class Times:

9:15 – 9:40 am L1/2 L3/4

9:45 – 10:10 am L3/4 L5/6

9:45 – 10:30 am Swim Fit

10:30 – 10:55 am L1/2 L3/4

11:00 – 11:25 am L1/2 L3/4

## CLASS DESCRIPTIONS

*Designed for children who are at least 3 years of age, or older*

**L 1** First-time student, no swimming experience. Skills include blowing bubbles, floating & kicking (with support), submerging face.

**3 students per instructor**

**L 2** Some water experience necessary. Skills include controlled breathing (bobs), front & back floats by self, entry & exit from pool by self.

**3 students per instructor**

**L 3** Previous water experience and floating skills necessary. Skills include front & back glides, kicking on front & back, jumping into chest-deep water.

**5 students per instructor**

**L 4** Previous water experience and floating skills necessary; class is held in the middle of the pool. Skills include intro to Freestyle (front crawl), intro to Elementary Backstroke, safety skills in deep water.

**5 students per instructor**

**L 5** Must have passed Level 4. Skills include refinement of Freestyle, intro to Backstroke (back crawl), treading water.

**6 students per instructor**

**L 6** Must have passed Level 5. Skills include Freestyle & Backstroke endurance, open turns, sitting dive.

**6 students per instructor**

**Swim Fit** Must have passed Level 6. Focus is on Fitness Swimming skills (endurance, stroke technique, reading pace clock, etc)

**8 students per instructor**

## MHA RACE CLUB

**Race Club** prepares kids to successfully join swim team by introducing the four competitive strokes, starts and turns.

### Practices:

Monday & Wednesday nights 6:00 & 6:45 pm

Fridays 6:00 – 7:00 pm ONLY

**FEE: \$56 per month for up to 3 practices per week**

**Eligibility:** Completion of Level 6, or equivalent skills.

**Call today to schedule a tryout!**

## PRIVATE LESSONS

**Private & Semi-Private Lessons** are available for all ages.

### FEES:

**Private** (1 student): 4 x 25-min lessons / \$88

**Semi-private** (2 students, equal skills):  
4 x 25-min lessons / \$120 (\$60 ea)

### TIMES:

- 9:00-11:30 am Friday & Saturday mornings  
or by special arrangement

**To schedule Private Lessons**, please contact the Swim Center.