

Swim Club

Contact Ashley@mtparkhoa.com to schedule a tryout time.

Beginning Swim Club (every Tuesday and Thursday 4:30pm-5:30pm) is for those who have graduated out of swim lessons but still want to stay active in the water. This twice a week class meets on Tuesday and Thursdays with a coach who will take them through the beginning stages of being on a swim team. If you have a child who is interested in swim team, this is a good way for them to try. Minimum skill requirements are 100-yard free style, 100-yard back stroke, 50 yards' breast stroke, 25 yards' butterfly. *Tryout is required to join.* **\$60 member/\$70 non-member**

Advanced Swim Club (every Monday and Wednesday 4:30pm-5:30pm) is for those who are on the more advanced side of swimming and know they don't want to swim competitively. This twice a week class meets on Monday and Wednesdays with a coach who will take them through drills and workouts to expand their skill and endurance in the water. Minimum skill requirements are 200 yards' free style, 200-yard back stroke, 100-yard breast stroke, 25-yard butterfly. *Tryout is required to join.* **\$60 member/\$70 non-member**

Spring Youth Swim Lesson Information



MT. PARK

**Aquatics Department
Aquatics Coordinator
Ashley Vaughn
Ashley@mtparkhoa.com**

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Registration for Classes must be done before the first day of class

Lesson Days	First Day	Last Day
Saturday	March 2 nd	March 23 rd
Saturday	April 6 th	April 27 th
Saturday	May 4 th	May 25 th
Tuesday and Thursday	March 5 th	March 21 st
Tuesday and Thursday	April 2 nd	April 25 th
Tuesday and Thursdays	May 7 th	May 30 th

School Age Level 4 seeks to improve participants' proficiency in performing the swimming strokes that were introduced in Level 3. Swimmers learn the arm actions that accompany the breaststroke kick in order to begin performing the breaststroke at rudimentary proficiency levels. Participants also learn the butterfly at rudimentary proficiency levels, in addition to the basics of performing a simple open turn at a wall. Combined with Level 5 on Tuesday and Thursday. ***To pass must be able to: Dive or jump in deep water, tread for 2 minutes then climb out. Dive into deep water, swim 25 front crawl change direction swim 25 back stroke then climb out. Jump or dive into deep water, swim 25 yards breast stroke change direction and swim 25 yards butterfly.***

Tu/Th at 5:25pm, Sat at 10:15am, 11:25am

School Age Level 5 focuses on helping participants refine their performance of all six swimming strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke). Participants perform these strokes with increased proficiency and are able to swim them for greater distances. Participants also learn to perform flip turns on the front and back. Combined with Level 4 on Tuesday and Thursday. ***To pass must be able to: Dive into deep water, swim front crawl 50 yards then swim 50 yards backstroke using appropriate turns. Jump into deep water, tread or float for 3 minutes then swim elementary backstroke 25 yards then breaststroke 25 yards.***

Tu/Th at 5:25pm Sat at 9:40am

School Age Levels

School Age Group Lessons are for ages 6-14
or can pass swim assessment

School Age Level 1 very beginning class- no experience needed. Skills taught include submerging completely under water, front and back floats, introduction to front stroke, swimming and getting a breath. **To pass to next level must be able to:** *Push off wall- Swim front crawl 2 body lengths, roll to back and get breath, roll back to front and continue swimming*

Tu/Th at 4:50pm, Sat at 9:05am, 10:50am

School Age Level 2 builds on the basic aquatic skills and water safety skills and concepts learned in Level 1. Side breathing with front crawl, elementary backstroke is introduced. **To pass must be able to:** *swim Jump into water swim front crawl with side breathing 15 yards. Climb into water, push off into streamline, roll to back then kick to exit point.*

Tu/Th at 4:50pm, Sat at 9:05am, 10:15am, 11:25am

School Age Level 3 Participants learn to swim the back crawl and breaststroke at rudimentary proficiency levels, and are introduced to the scissors and dolphin kicks. Diving and deep-water skills are introduced. On successful completion of Level 3, participants have achieved basic water competency in a pool environment. **To Pass must be able to:** *Jump into shallow water, swim 25 front crawl. Jump into deep water, tread or float for 1 minute, swim elementary back stroke 25 yards*

Tu/Th at 5:25pm, Sat at 9:40am, 10:50am

Prices

Saturdays

Group Swimming Lessons

Once a week group swimming lesson (4 classes)

9am-12pm

Classes are 30-minute long

\$40 for members/\$55 for non-members

Tuesday and Thursday Evening

Group Swimming Lessons

Twice a week group swimming lesson (8 classes)

4:15pm-6:00pm

Classes are 30-minute long

\$70 for members/ \$90 for non-members

Advance Swim Club

Monday and Wednesday

4:30pm-5:30pm

\$60 for members/ \$70 for non-members

Beginning Swim Club

Tuesday and Thursdays

4:30pm-5:30pm

\$60 for members/ \$70 for non-members

**Registration for Classes must be
done before the first day of class**

Parent and Child classes

Parent and Child is designed for children ages 6 month to 3 years with focus on helping children and parents get comfortable in the water while spending quality time together. Parents will learn how to properly hold their children in the water, initiate kicking, how to safely submerge your child, general safety techniques, and spend time singing songs and playing games.

Saturdays in May ONLY at 8:30am

\$40 for members/ \$55 for non-members

Preschool Age Levels

Preschool classes are for ages 3-5 years of age

Preschool Aquatics Level 1 Very beginning class-no experience needed. This class works on introducing blowing bubbles, submerging face, floats on front and back, kicking and arm movement on front and back. ***To pass must be able to:*** *Enter water safely and Independently travel at least 3 yards, submerge face and pick up object then return to exit. Swim 3 body lengths on back with finning arms then roll over to front then stand up*

Tu/Th at 4:15pm, Sat at 9:05am, 10:50am

Preschool Aquatics Level 2 builds on the basic aquatic skills and water safety skills and concepts learned in Level 1. Participants work on fully submerging face and body, floating on front and back, combined arm and leg action on front and back. All skills done with less support then level 1. ***To Pass must be able to:*** *Enter water safely and Independently swim at least 3 yards, submerge face and pick up object then return to exit. Swim 3 body lengths on back with finning arms then roll over to front then stand up.*

Tu/Th at 4:15pm, Sat at 9:40am, 11:25am

Preschool Aquatics Level 3 builds on the skills learned in Levels 1 and 2. Fully submerge and holding breath, front and back floats, combined arm and leg action on front and back. Longer distances and independent swimming. All skills done with no support. ***To Pass must be able to*** *Push off wall- Swim front crawl 2 body lengths, roll to back and get breath, roll back to front and continue swimming*

Tu/Th at 4:15pm, Sat at 10:15am