

MAC Swim Lesson Overview



Mommy & Me: The parent/child classes are taught as a combined class for ages 6 months and up with a parent accompanying the child in the water. Skills are introduced at the child's development level and build on each other as the child progresses. Basic water skills are taught through exploring the water and learning basic water safety.

Level 1 Water Exploration: Children adjust to the water and develop independent movement. Begins to teach basic stroke and kicking skills, floating and pool safety. (5:1)

Level 2 Water Basics: For children who are comfortable in the water and able to move independently five yards with flotation device on front and back. (5:1)

Level 3 Primary Skills: For children who are comfortable in the water and able to swim five feet with faces in the water and no flotation device. Teaches freestyle and backstroke on their own. (5:1)

Level 4 Stroke Readiness: For children able to swim 10-15 yards with faces in the water and no flotation device. Reviews and improves freestyle and backstroke skills while beginning breaststroke. Diving is also taught at this level. (6:1)

Level 5 Advance Strokes: For children able to swim 25 yards of freestyle and backstroke. Reviews breaststroke and begins butterfly. (6:1)

Level 6 Advanced Swimmers: For children able to swim over 25 yards freestyle with correct breathing and backstroke. Can swim 25 yards of breaststroke and 15 yards of butterfly. Teaches open turns and improves endurance.

Pre-Swim Team: For those children able to swim 50 yards freestyle, backstroke, over 25 yards of breaststroke and 25 yards of butterfly. Basic knowledge of open turns and flip turns. Gets children ready for swim team with an hour long session twice a week.

Private/Semi-Private Lessons: Whatever the skills, whatever the age, we will build from there. These are one-on-one or two-on-one lessons to allow for the maximum amount of attention given to the swimmer(s). We will work with all levels!

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