

MAC Swim Lesson Class Descriptions & Schedule

Guppy: An enjoyable class for a parent and child to learn to communicate in the water. Both parent and child learn water orientation and work on developing water safety skills. Benefits include bonding with child, water awareness, water safety, child begins to learn to take instruction, gain self confidence and as they get older begin to develop swimming skills.

Polliwog: A water adjustment class designed especially for beginners in the water to develop beginning swimming skills and promote independent water movement. Begins to teach basic stroke and kicking skills, blowing bubbles, floating both front and back as well as pool safety and fun ways to learn to fall in love with the water.

Eel: A class for little swimmers who are already moving independently through the water 5 yards (10 feet) with floatation device on front and close on back. Introduces rotary breathing on freestyle and a variety of water skills to continue to grow independence in the water. We work on elementary backstroke, straight arm backstroke, kicking and jumping into the water independently. We encourage swimming several feet on their own without a floatation device.

Starfish: For children who are comfortable in the water and able to swim five feet with faces in the water and no floatation device. The primary focus of this level is on rotary breathing and learning backstroke properly, freestyle independently, elementary backstroke and treading water. We start the basics of diving and butterfly. During the summer months we introduce the diving board.

Minnow: This class is designed for swimmers who are able to swim 25 yards freestyle by self with face in water and rotary breathing. Needs to have a very good understanding of backstroke and be able to swim at least 15 yards by self. Focuses on butterfly and flip turns. Breaststroke is introduced at this level. Children who are in the level should be completely independent. We also focus on building endurance.

Fish: Our highest level of lessons, a class for swimmers who are able to swim 50 yards freestyle with a very good understanding of breathing, streamlines off the wall and do their flip turn. Needs to be able to swim backstroke for more than 25 yards and butterfly for 25 yards. Most of this class focus is on proper breaststroke while mastering the other 3 strokes, flip turns and starts. The children will focus on technique and gaining endurance for the Flying Fish level

Flying Fish: For those swimmers able to swim 50 freestyle and backstroke, over 25 yards of breaststroke and butterfly. Basic knowledge of open turn and flip turns is helpful. Our goal is to get children ready for swim team with an hour long session twice a week. We train while working on all 4 of the competitive strokes at the same time. Most of this group is swimming as a form of exercise, on the wait list of a competitive swim team of training until summer league sessions begin again.

Bootcamp: Our most intensive training group. We focus on aerobic endurance and some power training. All 4 strokes are necessary in this group as well as the ability to swim 100 yards easily without needing to stop. There is use of equipment and the pace clock is used. Competitive swimming terms and technique are used as well as race strategy introduced.

2010-2011 Session Dates

Fall/Winter

Session 1: September 13-30 (6 classes)

Session 2: October 4-28 (8 classes)

Session 3: November 1-18 (6 classes)

Session 4: November 29- December 16 (6 classes)

Winter/Spring

Session 1: January 10-27 (6 classes)

Session 2: January 31-February 24 (8 classes)

Session 3: February 28-March 24 (8 classes)

Session 4: April 4-28 (8 classes)

Session 5: May 2-19 (6 classes)