

# Monticello Community Center

## Fall 2021 Swimming Lessons

The MCC proudly offers the American Red Cross Learn-to-Swim program to members and non-members. Learn-to-Swim classes are taught by certified, knowledgeable and caring instructors who can help swimmers at every level feel comfortable in the water and progress at their own pace. And although some kids may advance more quickly or slowly, our instructors ensure that everyone receives the instruction they need.

See reverse for a description of the skills learned in each level.

- Each session includes four 45-minute lessons.
- Cost: Members \$55.00 | Regular \$65.00.
- Member registration begins **Wednesday, September 8 at 8:00 a.m.**
- Non-member registration begins **Friday, September 10 at 8:00 a.m.**



### Fall Session 1

#### Parent Child

**Sun: Sep 26; Oct 3,10,17** 2:15 p.m.-3:00 p.m.

#### Preschool

**Mon: Sep 27; Oct 4,11,18** 5:55 p.m.-6:40 p.m.

#### Level 1

**Sun: Sep 26; Oct 3,10,17** 2:15 p.m.-3:00 p.m.

**Mon: Sep 27; Oct 4,11,18** 5:00 p.m.-5:45 p.m.

#### Level 2

**Sun: Sep 26; Oct 3,10,17** 3:10 p.m.-3:55 p.m.

**Mon: Sep 27; Oct 4,11,18** 5:00 p.m.-5:45 p.m.

**Mon: Sep 27; Oct 4,11,18** 5:55 p.m.-6:40 p.m.

#### Level 3

**Sun: Sep 26; Oct 3,10,17** 3:10 p.m.-3:55 p.m.

**Mon: Sep 27; Oct 4,11,18** 6:50 p.m.-7:35 p.m.

#### Level 5

**Mon: Sep 27; Oct 4,11,18** 6:50 p.m.-7:35 p.m.

### Fall Session 2

#### Parent Child *No class Oct 31*

**Sun: Oct 24; Nov 7,14,21** 3:10 p.m.-3:55 p.m.

#### Preschool *No class Oct 31*

**Sun: Oct 24; Nov 7,14,21** 2:15 p.m.-3:00 p.m.

**Mon: Oct 25; Nov 1,8,15** 5:00 p.m.-5:45 p.m.

#### Level 1

**Mon: Oct 25; Nov 1,8,15** 5:55 p.m.-6:40 p.m.

#### Level 2 *No class Oct 31*

**Sun: Oct 24; Nov 7,14,21** 2:15 p.m.-3:00 p.m.

**Mon: Oct 25; Nov 1,8,15** 5:00 p.m.-5:45 p.m.

#### Level 3 *No class Oct 31*

**Sun: Oct 24; Nov 7,14,21** 3:10 p.m.-3:55 p.m.

**Mon: Oct 25; Nov 1,8,15** 5:55 p.m.-6:40 p.m.

**Mon: Oct 25; Nov 1,8,15** 6:50 p.m.-7:35 p.m.

#### Level 4

**Mon: Oct 25; Nov 1,8,15** 6:50 p.m.-7:35 p.m.

## Lesson Level Descriptions:

**Parent/Child:** Parent attends with the child in the water at all times. Swimmers learn to be comfortable in and around water and prepare to learn how to swim. Water adjustment skills, blowing bubbles, floating and water safety are introduced.

**Preschool:** Ages 3-4, swimmers are introduced to water exploration, entering, and exiting water, blowing bubbles, floating and gliding on both front and back, arm movements, flutter kicking, and water safety.

**Level 1—Introduction to Water Skills:** Swimmers are introduced to floating, gliding, submerging, and alternating arms. Retrieving submerged objects and staying safe around aquatic environments.

**Level 2—Fundamental Aquatic Skills:** Swimmers learn to float without support and recover to a vertical position. Treading water and fundamental skills of propelling themselves arm and leg actions with flutter kicking are taught.

**Level 3—Stroke Development:** Swimmers learn to coordinate the front and back crawl strokes. They are introduced to elementary backstroke and treading water, and additional safety skills are covered. Building on Level 2 skills.

**Level 4—Stroke Improvement:** Swimmers develop strength and endurance using the back crawl, front crawl, and elementary backstroke. Breaststroke and sidestroke are introduced.

**Level 5—Stroke Refinement:** Swimmers focus on coordination and refinement of the front crawl, back crawl, butterfly, breaststroke, elementary backstroke, and sidestroke. Distance and flip turns are also developed.

**Additional Information:** You can find helpful information, reminders, and the online registration link on the Monticello Community Center website: [www.monticellocommunitycenter.com](http://www.monticellocommunitycenter.com).

