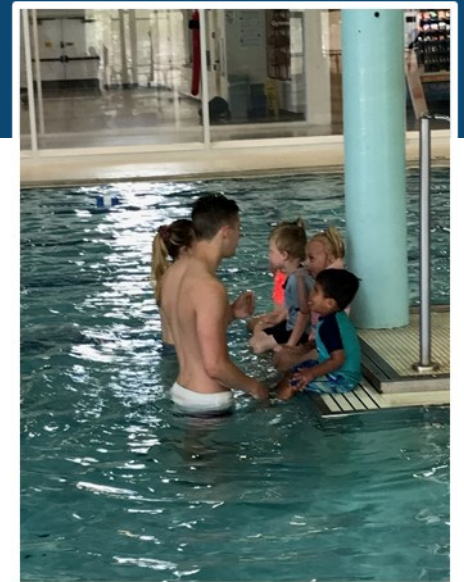


Monticello Community Center

Summer Swimming Lessons



The MCC proudly offers the American Red Cross Learn to Swim program to members and non-members. This summer, staff at the community center have adapted to follow COVID-19 precautions while offering opportunities for swimmers to continue learning.

- Each session includes four 45-minute lessons.
- An adult must be in the water to assist students in Parent/Child, Preschool, Level 1 & Level 2.
- Levels 3, 4 & 5 do not require an adult to be present in the water.
- Cost: Members \$55.00 | Regular \$65.00.
- Member registration begins Monday, May 10 @ 8:00 a.m.
- Non-member registration begins Thursday, May 13 @ 8:00 a.m.

Session 1: June 2021

Session 1A

Tue & Thu: Jun 8,10,15,17

Parent Child	9:00 a.m.-9:45 a.m.
Preschool	9:00 a.m.-9:45 a.m.
Preschool	9:55 a.m.-10:40 a.m.
Level 1	9:00 a.m.-9:45 a.m.
Level 1	9:55 a.m.-10:40 a.m.
Level 2	9:55 a.m.-10:40 a.m.
Level 2	10:50 a.m.-11:35 a.m.
Level 3	10:50 a.m.-11:35 a.m.
Level 4	10:50 a.m.-11:35 a.m.

Session 1B

Mon & Thu: Jun 7,10,14,17

Parent Child	5:55 p.m.-6:40 p.m.
Preschool	5:00 p.m.-5:45 p.m.
Level 1	6:50 p.m.-7:35 p.m.
Level 2	5:55 p.m.-6:40 p.m.
Level 3	6:50 p.m.-7:35 p.m.
Level 4	5:00 p.m.-5:45 p.m.

Session 1C – Private Lessons

Mon: Jun 7,14,21,28

8:15 a.m.-9:00 a.m.
9:10 a.m.-9:55 a.m.

Session 1D – Private Lessons

Fri: Jun 4,11,18,25

8:15 a.m.-9:00 a.m.
9:10 a.m.-9:55 a.m.

Session 1E

Tue & Thu: Jun 22,24,29; Jul 1

Parent Child	9:55 a.m.-10:40 a.m.
Preschool	9:55 a.m.-10:40 a.m.
Preschool	10:50 a.m.-11:35 a.m.
Level 1	9:00 a.m.-9:45 a.m.
Level 1	10:50 a.m.-11:35 a.m.
Level 2	9:00 a.m.-9:45 a.m.
Level 2	9:55 a.m.-10:40 a.m.
Level 2	10:50 a.m.-11:35 a.m.
Level 3	9:55 a.m.-10:40 a.m.
Level 4	10:50 a.m.-11:35 a.m.
Level 5	9:00 a.m.-9:45 a.m.

Session 1F

Mon & Thu: Jun 21,24,28 Jul 1

Parent Child	5:55 p.m.-6:40 p.m.
Preschool	5:55 p.m.-6:40 p.m.
Level 1	6:50 p.m.-7:35 p.m.
Level 2	5:00 p.m.-5:45 p.m.
Level 3	5:00 p.m.-5:45 p.m.
Level 4	6:50 p.m.-7:35 p.m.

Session 2: July 2021

[Session 2A](#)

Mon & Thu: Jul 5,8,12,15

Parent Child	5:00 p.m.-5:45 p.m.
Preschool	5:55 p.m.-6:40 p.m.
Level 1	5:00 p.m.-5:45 p.m.
Level 2	6:50 p.m.-7:35 p.m.
Level 3	5:55 p.m.-6:40 p.m.
Level 5	6:50 p.m.-7:35 p.m.

[Session 2B](#)

Tue & Thu: Jul 6,8,13,15

Parent Child	9:00 a.m.-9:45 a.m.
Preschool	9:00 a.m.-9:45 a.m.
Level 1	9:55 a.m.-10:40 a.m.
Level 2	10:50 a.m.-11:35 a.m.
Level 3	10:50 a.m.-11:35 a.m.
Level 4	9:55 a.m.-10:40 a.m.

[Session 2C – Private Lessons](#)

Fri: Jul 9,16,23,30

8:15 a.m.-9:00 a.m.
9:10 a.m.-9:55 a.m.

[Session 2D](#)

Mon & Thu: Jul 19,22,26,29

Preschool	6:50 p.m.-7:35 p.m.
Level 1	5:55 p.m.-6:40 p.m.
Level 1	6:50 p.m.-7:35 p.m.
Level 2	5:00 p.m.-5:45 p.m.
Level 3	5:55 p.m.-6:40 p.m.
Level 4	5:00 p.m.-5:45 p.m.

[Session 2E](#)

Tue & Thu: Jul 20,22,27,29

Parent Child	9:55 a.m.-10:40 a.m.
Preschool	9:00 a.m.-9:45 a.m.
Preschool	9:55 a.m.-10:40 a.m.
Level 1	9:55 a.m.-10:40 a.m.
Level 1	10:50 a.m.-11:35 a.m.
Level 2	9:00 a.m.-9:45 a.m.
Level 3	9:00 a.m.-9:45 a.m.
Level 3	10:50 a.m.-11:35 a.m.
Level 4	10:50 a.m.-11:35 a.m.

Session 3: August 2021

[Session 3A](#)

Mon & Thu: Aug 2,5,9,12

Parent Child	5:55 p.m.-6:40 p.m.
Preschool	5:55 p.m.-6:40 p.m.
Level 1	5:00 p.m.-5:45 p.m.
Level 2	5:00 p.m.-5:45 p.m.
Level 3	6:50 p.m.-7:35 p.m.
Level 4	6:50 p.m.-7:35 p.m.

[Session 3B](#)

Tue & Thu: Aug 3,5,10,12

Preschool	9:55 a.m.-10:40 a.m.
Preschool	10:50 a.m.-11:35 a.m.
Level 1	10:50 a.m.-11:35 a.m.
Level 2	9:00 a.m.-9:45 a.m.
Level 3	9:55 a.m.-10:40 a.m.
Level 5	9:00 a.m.-9:45 a.m.

[Session 3C – Private Lessons](#)

Mon: Aug 2,9,16,23

8:15 a.m.-9:00 a.m.
9:10 a.m.-9:55 a.m.

[Session 3D – Private Lessons](#)

Fri: Aug 6,13,20,27

8:15 a.m.-9:00 a.m.
9:10 a.m.-9:55 a.m.

[Session 3E](#)

Mon & Thu: Aug 16,19,23,26

Level 1	5:55 p.m.-6:40 p.m.
Level 3	5:00 p.m.-5:45 p.m.
Level 5	6:50 p.m.-7:35 p.m.

[Session 3F](#)

Tue & Thu: Aug 17,19,24,26

Preschool	9:55 a.m.-10:40 a.m.
Level 1	10:50 a.m.-11:35 a.m.
Level 2	9:00 a.m.-9:45 a.m.



Lessons in the Lake

New in 2021! Learn to swim in a beautiful outdoor setting at the beach at Bertram Chain of Lakes Regional Park. Lessons follow the same format as those at the MCC pool, but with a fun outdoor twist.

Bertram Lake Beach Session 1

Mon & Wed: Jul 5,7,12,14

Preschool	10:00 a.m.-10:45 a.m.
Level 2	10:00 a.m.-10:45 a.m.
Level 3	11:00 a.m.-11:45 a.m.
Level 4	11:00 a.m.-11:45 a.m.

Bertram Lake Beach Session 2

Mon & Wed: Jul 19,21,26,28

Preschool	11:00 a.m.-11:45 a.m.
Level 1	10:00 a.m.-10:45 a.m.
Level 2	10:00 a.m.-10:45 a.m.
Level 3	11:00 a.m.-11:45 a.m.

Lesson Level Descriptions:

Parent must be in the water assisting their child in Parent Child, Preschool, Level 1, Level 2

Parent/Child: Parent attends with the child 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.

